







DOMESTIC ECONOMY IN THE KITCHEN

THE ORIGINAL

BUCKEYE

COOK BOOK

AND

PRACTICAL HOUSEKEEPING



A COMPILATION OF CHOICE AND CAREFULLY TESTED RECIPES



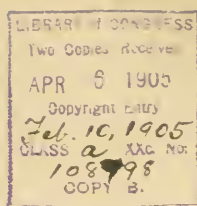
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TO THOSE
American Housewives
WHO
CANNOT AFFORD TO EMPLOY A FRENCH COOK,
THIS BOOK IS
Respectfully Dedicated.

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PREFACE.

To those who possess "Practical Housekeeping," it is not necessary to offer an apology for presenting in another volume such new ideas and methods as have come to light, and after fair trial been found useful and helpful in the household since the publication of that book. It is always a great pleasure to a housewife who takes pride in a well ordered home and an attractive table, to be able to present new and wholesome dishes, and it is as important for her to have the latest and best information available in her department of the family work, as it is for the husband to keep abreast with all the new ideas which are brought to surface in his profession or calling. Such wonderful progress has been made in invention and scientific discovery, that the day laborer now has at his command more of the conveniences and comforts of life than the Kings themselves possessed fifty years ago, and yet instead of calling a halt, progress in this direction is more and more marked every year, so that what were the luxuries of one decade become the necessities of the next. As the conditions of living improve, there are greater demands upon time in new directions, and it is not only convenient, but a saving of both time and money to have at ready command the simplest and best recipes in cookery and instructions in the best methods in every department of housekeeping. Failures are costly, and experience is always so dearly bought that it is economy to buy the results of thousands of carefully conducted experiments, packed between the covers of a book, rather than waste time and money in trials that may or may not prove successful.

The arrangements of subjects treated, whenever practical, has been made in the simple order of the alphabet, and for the sake of still more ready reference a very full alphabetical index has been

PREFACE.

added, Whenever a recipe is given within another, by an addition of ingredients, it is indexed and marked by *italics*; when one recipe which appears elsewhere in the book is referred to in another recipe, the former begins with a capital letter. The instructions which precede the recipes of each department have been carefully made up, and are entirely trustworthy, and the recipes themselves are mostly new to print and well indorsed. The instructions should be carefully read before any recipe, following them, is attempted. Several suggestive articles have also been introduced, which, though not belonging strictly to cookery, bear such close relations to it that the fitness of their appearance in the connection is evident.

What is offered in this volume is practical and useful, the directions are simple and may easily be understood and followed, and the index is so full and the arrangement so simple that anything wanted may be readily found. It is submitted to the housekeeping public, and more especially to those who have found valuable help in "Practically Housekeeping," with confidence that it will be found worthy of constant use in their daily round of duties.

BREAD-MAKING.

It is said that the original Saxon form of our English word "Lady" meant "Loaf-giver." Essentially, there can be no higher dignity than that which attaches to the woman who is the loaf-giver to those who are dependent on her good sense and skill for the daily food which sustains physical life, and it is one of the best indications of the present time, that never more than to-day have women been interested in the quality of the household bread. Everywhere the housewife puts this foremost, as the one thing that must be "good," whatever of failure may be tolerated in other things. It is a commercial fact of the first importance that the American workingman insists (unquestionably at the dictate of his "better half,") upon the first quality of flour in his provision for family needs. That this is sometimes carried to a wasteful and absurd excess is merely due to lack of knowledge, and a consequent wrong standard of excellence. The idea that "whiteness" is the thing in bread, which is primary and fundamental, has led and is constantly leading, to unnecessary expenditure. It depends upon too great a confidence in the sense of sight, as a guide in the choice of food, and is a part of the same delusion which makes us choose the red apple or peach, even when decidedly inferior to less showy sorts. The sight, being the first sense to receive an impression of external objects, will inevitably control choice, unless training and experience correct its errors. Briefly, it may be said that flour

made of sound, well matured and well cleaned wheat, whether with or without a portion of the outer coatings, is good enough. But the most economical bread, and the bread which is alone suited to use as an exclusive or nearly exclusive diet, must contain all the substance of grain, except the very outermost layer of cells constituting the bran;—and such flour will always be of a *creamy* rather than a *chalky* white, and will make a tenacious dough, tough enough to bend any but a strong handled spoon in stirring it. Such bread also requires longer and slower baking, and is less adapted to biscuits than to loaves.

Among the more refined and cultured there has prevailed a belief that flour made from the whole grain,—“Graham,” as it has been called, in remembrance of the American apostle of vegetarianism—is the most wholesome. This belief has been taken advantage of by cunning millers, to help them get rid of large quantities of inferior wheat, utterly unfit for making good flour of any sort, and so Graham bread has had hard work to sustain itself, and its use is mostly confined to the production of a sort of hot biscuit called “gems,” which are supposed to be less hurtful than other bread of that class. While the argument urged in favor of flour from the whole wheat, that nature clothed the wheat kernel with a branny husk and intended we should eat it so, might apply equally to barley and oats, so far as they are used for human food, yet in the case of wheat there is not much objection to be made, if the grain is well cleaned, and is itself of the first quality. While it is often claimed and with truth, that in decorticating the wheat before grinding, as the new process does, a portion of the important elements of the grain necessary to make it a perfect food, is removed, yet with the vast and varied dietary of the American people there is not likely to be any real deficiency on the whole. As a matter of mere economy, however, there can be little doubt that the outer layers of the cell-structure of the wheat grain give the cheapest supply of calcic, phosphatic and nitrogenous food material, and it is possible that fastidious people with a limited dietary, chiefly of bread, may really suffer for want of the elements which the flour-making process removes. Such people are the ones who need “bran bread,” as farmers and work-people are apt to stigmatize the Graham loaf. But where bread and meat and fruit go freely together to constitute daily food, there is little danger of

elementary deficiency. Nature has provided against this, by making men soon tire of any sort of diet, however agreeable for a while, which is not complete in its constitution—that is which does not contain a full supply of all the essential elements of nutrition.

The process of bread-making is not necessarily a difficult one, and yet there are probably a dozen American girls who can make a good loaf of cake or a delicate dessert to one who can make good bread; though it is generally acknowledged that bread is by far the most important article in the list of household cookery, and that bread-making should therefore be the first lesson in house-keeping. In this, as in every other branch of cookery, the first step is the most difficult, and the main thing is to become acquainted with the elementary principles. When one is well grounded in these, and knows how to make the best quality of fermented or yeast-raised bread of pure wheat flour, the rest is easily accomplished. Bread-making then becomes easier and more interesting with each trial, and Vienna bread, Graham bread, Boston brown bread—in fact all the varieties of bread, together with rolls and buns of every description, are achievements to be attained with a little additional thought and effort.

The preparation of good bread is really a very simple matter, requiring only care and attention to the principles involved in its production. In its simplest form, bread is flour, mixed with water into a stiff dough, with yeast or some similar substance introduced to cause it to rise, after which it is baked in masses or loaves in the oven. This is simple enough, and yet close attention all along the lines of the process must be given to insure the highest success. The best bread, and almost the only bread generally used in America, is made of flour—which is the crushed and pulverized grain of wheat, less the hard outer shell or bran. The best and strongest flour (measured by its capacity to produce loaves and the quantity of gluten), is made from what is known as “No. 1 hard” spring wheat, grown in Minnesota and North Dakota and farther to the north in the wheat growing regions of Manitoba in British America. Brands of this flour are known in all the leading markets of the world. The next flour in excellence of quality is made from choice winter wheat. The spring wheat of all except the extreme North-western states, makes an inferior flour and is therefore but little grown.

An average sample of flour is composed of:

Moisture	10.84 per cent.
Gluten.....	13.75 " "
Starch	68.28 " "
Oil.....	2.40 " "
Sugar.....	4.16 " "
Ash.....	57 " "

100.00

The peculiar characteristic of wheat flour is its gluten. Flour or meal from other grain contains but little. It is a nitrogenous compound, but it differs from the nitrogenous portions of other grains and vegetables, none of them showing more than a trace of its peculiar form in wheat. Take a little wheat flour and moisten it with water and it may be worked into a stiff mass of dough, from which, by continued working and kneading in cold water, the starch may be washed out almost completely, leaving a tough, semi-transparent mass, which, in drying, loses about two-fifths in weight, and becomes hard like a piece of horn. This is nearly pure gluten, and its presence in wheat flour gives to it its peculiar properties. Analysis gives in average winter wheat 10.15 per cent. of albumenoids, 2.40 per cent. of which (23.6 per cent. of the whole) is soluble in water. In spring wheat the average is 12.41 per cent. of albumenoids, of which 3.74 (30.1 of the whole) is soluble in water. The albumenoids constitute the muscle-producing portions of the flour, the rest being chiefly starch, which produces fat and supplies heat to the living machine. The soluble portion of the gluten dissolves in the water used in mixing, and is thus distributed through the whole mass. When heated this albumen coagulates and encloses the starch cells which have burst from the effect of the heat, while the carbonic acid gas, which is imprisoned in the mass, preserves the porous or "light" character of the loaf, which, when eaten, is readily acted upon by the fluids of the stomach. The heavy loaf may contain the same nutriment as the light but its close mass is indigestible. If the heat is not sufficient to, penetrate the entire mass, and produce the same conditions in the centre as near the surface, the loaf will collapse and be heavy in the centre.

THE YEAST.

If a mass of dough is allowed to remain in a warm place for some time, fermentation begins, and if dough in which this ferment-

ing action has begun, is mixed with a larger mass of moistened flour, the fermenting process rapidly spreads through the whole and in a few hours it rises. The swelling of this mass being caused by the formation of bubbles by carbonic acid gas entangled in the dough. This process of fermentation is caused by a low order of vegetable growth called the yeast plant which presents some curious phases under the microscope. It grows with marvellous rapidity, by a continuous budding of new cells upon those already formed. These cells of the yeast plant are so small as to be carried about in the air everywhere when the temperature is such as to maintain their vitality, and coming in contact with any substance like dough which affords them a good place for development, they rapidly increase in number until the entire mass becomes filled with them. Such a mass becomes the leaven used for ages in the preparation of bread. It is simply a convenient way of preserving and utilizing the yeast-plant. In the process of growth in the dough the yeast plant forms alcohol and carbonic acid in the sugar, and this is the reason why yeast is so generally used in the preparation of bread for the oven. Other methods of rendering the dough porous and light have also been adopted. Sour milk and saleratus have been in use for a century, the lactic acid of the sour milk setting free the carbonic acid in the saleratus. Bicarbonate of soda (cooking soda) has been mixed with the flour and a sufficient quantity of hydrochloric acid added to the water used in moistening the flour to liberate the carbonic acid and form with the soda, common salt. Water charged with carbonic acid has also been used in mixing up the dough under pressure in iron cylinders, the carbonic acid expanding upon being liberated from the pressure and thus lightening the mass. The so-called ærated bread is thus prepared without the use of yeast or the loss by fermentation of any portion of the flour, as is of course the case when yeast is employed, but none of these methods has ever become popular as a substitute for yeast in bread-making.

Of late years the use of "baking powders" has become very extensive as a ready substitute for yeast. These are simply soda and cream-of-tartar, but mixed in the proper proportions for immediate use. For the most part these powders consist of bicarbonate of soda and bi-tartrate of potash in the proportions necessary for their mutual decomposition with the liberation of the carbonic acid combined with the soda. There is usually added about 15 per cent. of

starch to prevent the powders from caking. When pure and when properly used these powders are effective and convenient. There is practically little difference in the value of several of the leading brands in the market, and they are equally free from anything injurious. The use of alum, however, by some of the manufacturers, should be forbidden by law.

Besides the peculiar yeast plant, there are other low orders of vegetable life which closely resemble yeast, but the development of which is associated with the production of other undesirable products. The importance therefore of having a pure yeast is obvious, and fortunately the compressed yeast sold now nearly everywhere, practically leaves nothing better to be desired. This consists of a mass of nearly pure yeast cells, practically free from any contamination with other forms. With its intelligent use the production of good and wholesome bread should soon become the universal rule.

After keeping for a short time bread loses its moist, spongy character and becomes dry and brittle, being easily powdered in the fingers. This production of stale bread is found not to be due to the drying up of the loaf through loss of moisture, but to a union of the water with the nitrogenous and starchy portions of the bread. This may easily be proven by reheating in the oven a loaf of this stale bread, when it will be found to again resume its moist and spongy condition and this may again and again be repeated as often as the bread becomes stale.

In baking, the bread should be placed in an oven heated to about 500° , the first effort being to expand the gas in the numberless cavities of the loaf, thus greatly increasing its lightness, and then the nitrogenous portion of the dough is, as it were, coagulated and rendered sufficiently firm to maintain its form, while some of the starch is heated so as to form a soluble compound dextrine, in the crust of the bread. The heat within the loaf does not exceed that of boiling water, and barely suffices to destroy the yeast plant in case that was used in its production. A good loaf should contain few large cavities; it should be sufficiently baked to regain its form after pressure without being readily compressed into a dough; it should flake off when pulled apart, showing the effect of sufficient kneading, and should not have been kept so long before baking as to have been permitted to enter upon the acetic fermentation, thus producing sour bread.

Enough has been said to show that bread-making is something more than a mechanical process. Chemical changes are depended on to produce certain effects which are essential to success, and the conditions favoring these changes should be as perfect as possible. It is here that knowledge and skill are requisite for success.

Bread made of leavened wheat flour, raised by fermentation familiarly known as light bread, is the most healthful and convenient for general use. When properly raised it keeps a reasonable length of time, and is an easily digested and wholesome and nutritious food. Lightness is not, however, the most important quality. Bread unskillfully made loses much of its flavor and substance, and is unpalatable and less nutritious than when properly made.

When perfect, bread is not only light, porous and free from taste or taint of any foreign element, but it possesses the fully developed natural flavor of the grain, and is both pleasant to the taste and satisfying to the appetite.

The most perfect mode of raising bread is by fermentation, and the best fermentation is the alcoholic, through the use of yeast, the alcohol and carbonic acid developed by its use, passing off in vapor in the process of baking and cooling, provided the baking be thorough and the cooling take place in pure air. But if this fermentation is allowed to proceed too far it takes other forms and the bread loses materially in nutriment, as well as in sweetness and delicacy. Even during the process of converting the starch and, sugar into alcohol and carbonic acid by the alcoholic fermentation, the action of the air is beginning to form acetic acid from the alcohol and the longer the bread is exposed to the air, the greater the quantity of acetic acid and the more liable the bread will be to become sour. Good yeast, the action of which is prompt and certain, is of the first importance in bread-making, and without it, it is impossible to make good bread, even with the best of flour, and often failures are charged to flour which are due to bad yeast. The compressed yeast already mentioned, is when fresh, perfectly reliable and is generally obtainable, but every housewife should master the best method of making yeast and should be prepared to make it at home.

A proper temperature is important in bread-making. Yeast, sponge and dough are all affected by contact of the air, and should be mixed and kept in thick stone or earthen vessels and covered

closely to exclude the air. The temperature of about 75° during the entire process should be kept up. If the temperature drops below 30° fermentation is arrested, it works slowly at 50°, rapidly at 70° and very rapidly at 90°, the rise or fall of the temperature hastening or retarding its action. The objection to setting sponge at night is, that it stands too long. Bread to be white, sweet, and digestible, must be mixed immediately after the sponge has risen to the proper point, *which may be known by its puffy appearance, usually rising higher in the middle than at the sides of the crock; if it sinks in the center, it has stood too long.*

The quantity of flour necessary to make dough of the proper consistency for good bread, depends on its quality and varies from two-and-a-half to three parts flour to one of "wetting" (milk or water used in moistening the flour.) The dough can be made stiffer by the addition of more flour without harm. Soft, spongy bread is more delicate when freshly baked, but loses its moisture and grows stale much sooner than the more compact loaf. Dough for fancy bread and rolls should be quite stiff so as to keep any desired shape. The time required for kneading depends on the quality of the flour. The better and fresher the flour the less kneading is required. Flour is injured by exposure to the air, as it absorbs moisture which impairs the tenacity of the gluten, and bread of the best quality cannot be made from it by any process of kneading or working. For this reason, the family supply of flour should always be kept in closely covered receptacles, and for this purpose nothing is better than a six or ten-gallon tin or granite ware can with tight-fitting cover.

Pulling and stretching dough is less laborious than kneading and working it, and accomplishes the affect of rendering it tough and elastic by distributing the moistened gluten through the mass. The two processes are best carried on at intervals, the bread-maker getting relief by changing from one to the other.

It is a question whether much kneading is required to make the best quality of bread. It is the fermentation which gives life to the dough, and when this process is perfect, the dough is very elastic and has great resisting force, rising and swelling in spite of kneading and working. The pressure of the hand only makes a temporary impression, the elasticity soon restoring the mass to its original form and constantly swelling its proportions. This pent

up force is the best test of quality, and when perfectly developed the dough can be molded, twisted or plaited with perfect ease, and it does not stick to the hands or molding board.

Dough, after having risen, should not be kneaded again. It should be taken from the mass, divided into loaves or rolls, and gently pulled, rolled, or folded into shape and placed in pans ready for rising the last time. Here is the final and most important point in bread-making. To decide when the dough is just light enough to bake is a very important matter and requires good judgment and close observation. If subjected to the heat too soon, you fail of the best results, and if it passes the proper point of perfect lightness the failure is no less apparent. Unfortunately the exact time required cannot be given, as the atmospheric conditions, the quality of flour and the temperature all influence and vary the result. Observation and experience can alone decide the time varying from fifteen minutes in warm weather to an hour in cold weather. As a rule, when it begins to seam or crack upon the surface it is ready for the oven.

Every housekeeper should provide herself with what is called by bakers a "*Proof Box*" for placing bread, biscuit, rolls, etc., (already in the bread-pan) in during the process of rising. This is nothing more nor less than an air-tight wooden box that can be made by anyone at all familiar with the use of tools, and its size should of course depend upon the size of the family, which in turn regulates the quantity of dough to be raised. Beside giving the dough this protection, the careful baker also folds a cloth or towel around it before putting on the close-fitting cover of the box. Kept thus excluded from the air the outside of the loaves or rolls is as fresh and tender when put in the oven as the inside. Set the box near the range where it will receive the necessary warmth, and be sure that it is kept perfectly sweet and clean, using it for no other purposes whatever. Air and dry the box thoroughly each time before using.

A loaf of bread should nearly double in size after it is put in the pan; or if a deep gash be cut in the top of it the incision should disappear by the time the loaf has perfectly risen. Bread, when light enough for baking, feels aerated all through; and by lifting and weighing it in the hand, the condition of lightness can be recognized quite as accurately as by sight. The exercise of observation

and judgment soon enable the bread-maker to decide when dough has reached its best and most perfect state of lightness. But if doubt exists in regard to the matter it is safer to put it in the oven while rising toward perfection rather than after it has passed that point.

The excellence of bread is greatly dependent upon the perfection of the cells produced by the action of the carbonic acid gas. The sooner these are fixed by heat through the entire loaf, after it is put in the oven, the finer will be the quality of the bread. And as these cells can be fixed more readily in a small than a large loaf, or several small loaves packed together in a large pan, it is quite important that bread pans should be of the proper dimensions. Bread will bake most perfectly in a pan about four inches in width, four inches in depth, and adapted to the capacity of the oven in length, or nine or ten inches long.

POTATO BREAD.

Potato added to flour is generally supposed to improve the quality of bread. That it does is unquestionably true, where the flour used is of an inferior grade. "Of all starches," says Dr. Graham, "the starch found in the potato is the best adapted to the growth of yeast, and in using potato in bread, bakers made practical application of a fact long before chemists discovered it." Potatoes when used in bread should be well boiled and smoothly mashed, and equal portions of potato and flour be used in making. The sponge and bread are then made in the same manner as when flour alone is used.

Milk bread is made by using milk instead of water for "wetting," and differs from that in which water is used by being more crisp and tender, and having a richer colored crust. But unless the milk is boiled, lactic acid is liable to be produced during fermentation, which gives the bread an objectionable taste and odor.

It is claimed that bran in Graham flour often proves an irritant to delicate digestive organs. In whole wheat flour we have the entire food principle of the grain without the hull. The cold blast process of milling gives us this flour of a very superior quality.

Whole wheat flour bread should be made in every particular like patent or new process flour bread, and baked in loaves, twists,

or fancy rolls. It is very delicious baked in the form of muffins and eaten warm.

GRAHAM BREAD.

The sponge for Graham bread should be of white flour and prepared in the same manner as the ferment for white flour bread. When light add sugar and salt to taste, and work in Graham flour until the dough becomes elastic and clinging and is sufficiently stiff. Let stand till perfectly risen, then shape into loaves by rolling gently under the hand on a well floured molding board, and place in greased baking pans. Less flour is required in proportion to the "wetting," for Graham than for white bread. And unless Graham dough is of the proper consistency, the bread when baked will be moist, sticky and insipid, or dry, rough and unpalatable. The correct proportions are a little more than two measures of Graham flour to one measure of "wetting." Most of the Graham flour in the markets is made of inferior wheat and is unfit for use. To be sure of good Graham flour buy of mills which use selected wheat and make it a specialty. When this is used the *Graham and Brown Breads* are the most wholesome, nutritious and appetizing of all breads. In steaming brown breads not made with yeast, put them on over cold water as they rise while water is quickly brought to the boiling point. The latter must be kept at this point till bread is done, three or four hours at least.

OAT, CORN AND BARLEY BREAD.

Fermented bread can be made of oat, corn, or barley meal or flour, care being taken to add wetting in proportion to the demands of the grain. When corn or oat meal is used, pour boiling water over it, and let it swell for at least an hour before adding yeast. Any of these make delicious muffins or bread to be eaten warm.

Oat meal, pearled barley, and corn grits well cooked and made into bread by adding whole wheat flour, may be baked in muffin pans or rolled thin and baked in crisp rolls. Rye bread is made like wheat bread, from three to three and a half measures to one of wetting being required. It requires longer time to ferment or rise and it will not be so light and spongy as wheat bread.

When bread is ready for baking, it is desirable to fix the air cells as soon as possible by heat; but it does not follow that to do

this it should be put in a very hot oven and a crust immediately formed on the loaves. A too sudden formation of crust interferes with the penetration of heat and prevents the coagulation of the albumen in the cell walls by which their permanence is established and secured.

The heat of the oven should not be greatest when bread is put to bake; it should slightly increase in intensity for about ten minutes, and after remaining at a firm, steady temperature for that length of time should gradually decrease till the baking is finished. The principal change to be effected by the baking, which is the coagulation of the albumen of the air cells, takes place at a temperature somewhere near 212° , and as the temperature within the loaf can not rise above that point, no changes go on there except those produced by the watery vapor of steam. Flour, however, is not browned, except at a much higher temperature; hence a greater degree of heat is necessary to properly bake the outside of the loaf. During the period of baking bread the heat of the oven should not rise above 550° nor fall below 250° . To test the oven put half a sheet of writing paper in the oven; if it catches fire it is too hot; open the dampers and wait ten minutes, when put in another piece of paper; if it blackens it is still too hot. Ten minutes later put in a third piece; if it gets *dark brown* the oven is right for all small pastry, called "*dark brown paper heat*." *Light brown paper heat* is suitable for *vol-au-vents* or fruit pies. *Dark yellow paper heat* for large pieces of pastry or meat pies, pound cake, bread, etc. *Light yellow paper heat* for sponge cake, meringues, etc. To obtain these various degrees of heat, try paper every ten minutes till heat required for the purpose is attained. Remember that "light yellow" means paper only tinged; "dark yellow," paper the color of ordinary pine wood; "light brown" is only a shade darker, about the color of nice pie-crust, and dark brown a shade darker, by no means coffee color.

The oven door should be closed immediately upon putting the bread in, and be sure that no part of the range is open during the baking; neither should the door be opened too soon nor too often to look at the bread. About ten minutes after putting in the loaves it is best to look into the oven to see how the bread is doing, and once or twice again during the baking, as the loaves may require

changing, opening and closing the doors as quickly as possible. If the loaves begin to brown too quickly cover with a piece of thick brown paper; if they begin to brown quickly at one end and not at the other change their position, or if the loaf at the back of the oven bakes faster than those at the front, change them about.

As a quantity of dough to begin with somewhat reduces the temperature of the oven at first, one loaf will not require so hot an oven as four or five. The time required for baking is not less than three-quarters of an hour, and bread baked a full hour is more wholesome and is considered more palatable. If bread is baked in the French roll pan it does not require so long a time, as the "rolls" are only about two and a half to three inches deep and same width, being rounded at the bottom. They are very nice for slicing, making pretty pieces. The pans come in different lengths, eight, twelve, sixteen and twenty inches. All loaves of bread of whatever shape, and biscuits, rolls, etc., are much nicer if when almost baked they are carefully moved out on oven-shelf and brushed, using the pastry brush, with the *Roll Glaze*, (which is two yolks beaten with twice their bulk in water and half teaspoon sugar) and then returned to oven till done.

There are various methods of testing bread and ascertaining when it is thoroughly baked.

1. A loaf of bread, if sufficiently done, will not burn the hand when lifted from the baking pan. If it does, there is more hot steam within than is consistent with thorough baking, and the loaf should be replaced, instantly, in the oven.

2. If the bottom of a well-baked loaf be tapped with the finger, a hollow, empty sound will be emitted, but underdone or heavy bread gives forth a dull sound.

3. The crust of a loaf when properly baked is a rich, brown color; and if the inside or crumb be subjected to light pressure, while fresh, it rebounds the instant the pressure is removed.

4. Underdone bread is easily compressed into wads, when it resembles putty in appearance.

REMOVAL FROM THE PANS.

Bread as soon as baked should be taken from the pans and placed, uncovered, in such position as will expose the greatest possible amount of surface to the air. This will prevent the crust from

becoming sodden, and permit the rapid escape of the carbonic acid gas evolved in the process of fermentation. This gas is essential to expand the dough and lighten the bread, but its presence is not conducive to health, and it should be encouraged to take its exit at the earliest possible moment after performing its mission.

The cell walls of fermented bread are coated with glassy starch which is quite moist and adhesive while the bread is warm and fresh and if bread is eaten while in this condition—although very thoroughly baked—it becomes a compact mass, almost impervious to the gastric juices, and resists for a much longer time than stale or cold bread, the digestive powers of the stomach. Moreover, the yeast plants or germs generated during the fermentation, although in a great measure destroyed by the heat of the oven, continue to a certain extent to live for sometime after bread has been baked, and if taken into the human system may prove injurious to health. Hence fermented bread should never be eaten till, at least thoroughly cold.

Experience proves that butter, lard or grease of any kind put into dough does not improve the quality of the bread, and as it to some extent affects the fermentation injuriously, it should, when used, be added at the last kneading. But as the crisp tenderness caused by its introduction can be produced perfectly by skillful manipulating and baking, no “shortening” other than milk is ever necessary in bread.

To prevent dough from sticking, the bowl or vessel in which it is put to rise should always be greased with a little lard, butter or drippings.

If bread and rolls are brushed lightly with milk immediately before they are put in, and after they are taken from the oven, the color and flavor of the crust will be materially improved.

Rolls are more crisp and tender when baked quickly, and the heat of the oven should be somewhat greater for rolls than for bread. They should also be considerably lighter than bread when put to bake, as the fermentation is arrested so rapidly by the heat required for baking them properly, that they rise but little after they go into the oven.

Bread.—Set sponge at nine o'clock in the evening in summer and keep it in a cool place; or at noon and make it up in the evening. Do not keep in cellar or it will sour. In the winter set it at six o'clock at night and place where it will keep warm. For the sponge use one yeast cake soaked in lukewarm water, three potatoes boiled and mashed fine and one pint flour. Scald with the boiling potato water, adding the yeast after the mixture has become cool, and mixing to a smooth paste. Add a teaspoon salt and beat fifteen minutes. When the sponge foams it is risen sufficiently; then add a pint warm water and flour to make a smooth dough that will not stick to the fingers, set in warm place, and when full of cells work in all the flour possible. Let it rise and knead until the *gas stops cracking*. Make into loaves, let rise, and increase the heat of the oven after the first twenty minutes of baking.

Apple Bread.—To make bread from apples or other fruits, pare them, put them over the fire and stew them tender, adding a little sugar if they are very sour; then pulp them through a sieve. Use this pulp as the basis of bread; mix one pound of fruit pulp with two pounds flour, teaspoon salt, one gill liquid yeast, and water enough to make a soft dough; knead, make into loaves, let rise and bake as ordinary bread. Pears and other fruits may also be used, the fact being remembered that the juice of fruit must not be extracted, but must be allowed to replace water or milk in making the bread. Fruit breads should be eaten with some precaution, as their action may be laxative; in this connection it may be well to give a good recipe for a harmless vegetable bread of the same nature.

Bean Bread.—The use of potatoes in bread is well known, but not so the fact that beans, parsnips, carrots, turnips, beets and sweet potatoes may be employed either for purposes of variety or economy; any of these vegetables may be used after being boiled and reduced to a *puree* or pulp according to the directions given above, care being taken to extract their moisture by rolling the *puree* lengthwise in a strong towel, and then squeezing it as dry as possible by having the ends of the towel twisted tight by two persons.

Buckeye Bread.—Pour gradually, stirring meanwhile, a quart of boiling water upon half a pint of wheat flour. When the mixture has cooled to about lukewarmness (80°) add a gill of yeast, stir well, cover closely, and let stand till thoroughly light and a mass of white foam. Taste it, and it bites like beer; stir it, and it seems to sparkle with life, while the odor it emits is strongly alcoholic. This can be kept for several hours after it becomes light and foamy without growing sour, or appearing to deteriorate in any manner. But it is better to use it as soon as it reaches this stage, as it is then at its very best. The time required for it to grow light, varies from two to six hours, according to the strength of the yeast put in it, and the temperature of the place where it stands. When due at-

tention is given to these things, the custom of preparing or "setting" it in the evening to be used in bread making the next day, is a convenient one; and, as it usually proves satisfactory, is in no way objectionable.

When perfectly light, beat vigorously into it about half a pint of flour, cover and leave to rise. By this addition of flour it is transformed into sponge, which, under favorable conditions, will rise in from half an hour to an hour. As soon as the sponge rises, add more flour, and give it another beating; and so repeat each time it rises, until it gets too stiff to be easily stirred. The mixture is then dough, and is ready for working or kneading. After it has been kneaded till flour is no longer required to keep it from sticking to the molding board, it is of the proper consistency for bread, and may be divided into four equal parts, molded or shaped into loaves, and put in greased bread pans to rise for the last time, preparatory to baking; or it may be set to rise in a mass before being divided into loaves. It is very difficult to decide whether it is better to let the dough rise in a mass or in separate loaves. Bread which rises in a mass appears to be a trifle more elastic and spongy than that which rises in separate loaves; but the latter seems to excel the former in sweetness and delicacy of flavor. In either case the bread will be good. Two points in this mode of making bread deserve special attention:—

The flour is added repeatedly after intervals of fermentation, and as it contains fresh food for the yeast, these frequent additions of flour keep the yeast in a vigorous and healthy condition during the entire period of bread-making.

The fermentation is always arrested in the sponge and dough before it arrives at the exhaustive point; whenever sponge or dough is allowed to reach its utmost limit of expansion and fall back or "tumble in," as it invariably does at this crisis, it loses something of excellence that no after labor or attention can restore.

Favorite Bread.—To a pint of new milk, add a pint of water, an ounce of compressed yeast, a teaspoon of salt, and flour to make a thin batter. Stir well, and let stand for an hour to rise, then work in flour until the dough is the proper consistency for bread. When very light, which will be in about three hours, divide and mold into loaves, and set to rise in the bread pans, or shape into Victoria rolls and set to rise. For *Crescents*, milk alone should be used as wetting, and a quarter of a pound of lard to each quart of milk worked into the dough which is prepared the same as for Favorite bread. When the dough is light, roll up and place on the bake-pan in form of a crescent.

Rice Bread.—Boil pint of rice till soft, and mix it with two quarts of rice flour or wheat flour. When cool add half teacup yeast, teaspoon salt and enough milk to make a soft dough. Place in pans and when risen bake.

Salt Rising Bread.—Two teacupfuls boiling water poured into a clean sweet dish—use a tin quart can—in which has been placed a teaspoon salt. When cooled enough to bear to hold the finger in it, stir in flour enough to make a rather stiff batter, and set it where it will keep warm; do this night before baking, about seven or eight o'clock in the evening. It will keep warm in the oven till midnight. In the morning set it into a kettle of very warm—not hot water—and with frequent stirring it will soon be warmed through, when about half a teaspoonful of saleratus is moistened or dissolved in a spoonful of warm water and stirred into the batter; it is then left to keep warm and rise. When the dish is nearly full, which will be in two or three hours, the bread pan receives a quantity of flour, into which put about one quart of very warm water, stirring in some of the flour first, then pouring in the rising, and stirring together to a thick batter. Cover this with flour about half an inch thick to help keep in the heat, and set it in a warm place. In an hour it should be up light enough to mold, and will make three good-sized loaves, which are set back in the warm place, to rise again for three-quarters of an hour at least—sometimes it takes an hour, if molded too stiff. Then bake in a well heated oven, about forty minutes, though the cook must use her own judgment, for stoves differ. If the flour is made by the roller process, a handful of cannile thrown in the batter facilitates the rising very materially.

Sweet Potato Bread.—Boil three large sweet potatoes, peel and mash them through a colander with a potato-masher, adding teaspoon salt and tablespoon butter; after they have been mashed, mix with them one cup and a half corn meal, a scant cup milk, and one egg beaten smooth; pour batter into a buttered baking-pan, and bake in a moderate oven twenty minutes. Use the bread hot with plenty of butter.

Bread with Buttermilk.—Use one and a half yeast cake in the summer and two in the winter for ten to twelve loaves. Dissolve the cakes in pint of weak hop or peach leaf tea. When it foams add one pint of warm water and stir in raw flour, beating it up well, adding two or three well-mashed potatoes. Set in a warm place. Early in the evening and just before going to bed, take one gallon whey of buttermilk that has been boiled, stir in flour as stiff as can be stirred with a large spoon; then add the sponge, mixing thoroughly. Set in a warm place till morning, then take one quart boiling water, adding salt and a little soda, stir into the dough, knead it up quickly just stiff enough to handle. Form into small loaves, working them over immediately, working the outside of the loaf in, when putting into pans. By the time the oven is hot the bread is light. Bake thirty minutes.

To keep bread warm while in the pans, have a board cut so it will rest on the flare of the large mixing pan at each end midway down. Set pans in the bottom of the mixing pans, then have

the board or shelf well warmed, lay it in as before mentioned, set other pans on it, put on the lid, set a small lamp with the light quite low under the tray, moving it back and forth so it does not get too hot in one place—once in ten minutes will be often enough to move it. The bread rises nicely without a dry crust on top, This may help some one who has no good way to keep bread warm.

Bread Making Made Easy.—This quantity is for eight loaves but may be varied at pleasure. Three quarts warm water, in which melt a lump of butter, the size of a hen's egg. Stir in flour sufficient to make a smooth, thick batter. Then add a bowlful of yeast which must be well stirred in. Now with the hands knead in more flour, until the dough is firm, smooth and elastic, and will not adhere to the hands. Cover closely and set in a warm place overnight. You cannot be too careful in keeping the cold air from it, for if once chilled the bread will not be so light and sweet. Next morning the dough will be as light as a foam, and before it begins to subside take out on bread-board and chop with a chopping knife for five minutes or even less will do. It will scarcely be necessary to add any more flour. Mold into loaves and when light bake. It will be seen that this requires but two risings, thereby retaining much of the sweetness of the flour which passes off in fermentation. Set the sponge at 8 o'clock in the evening, and chop and mold into loaves before breakfast next morning, and by the time breakfast is over it is light enough for the oven.

Bread with Potatoes.—For two loaves of bread, boil three fair sized potatoes and mash them thoroughly (use a fork) in the bread pan; add one teacup of flour, one tablespoon sugar, one-half of salt, one-fourth of ginger and one very scant quart of boiling water. The water should be added gradually till the mixture is perfectly smooth, and when luke-warm add one dissolved yeast cake or one-half cup of sweet lively yeast, and keep where it will not get chilled. At night the sponge should be very foamy and then add all the sifted flour that can be stirred in and during hot weather, at bed-time, put it down in the cellar or in the refrigerator. In the morning, add flour sufficient to make the dough of a consistency to handle, divide into loaves and mold thoroughly, adding flour till the dough can be rolled back and forth across the board, or a pinch can be rolled between the hands without sticking; then put it in warm and well greased tins, only *half full*, cover up and keep near the fire till the dough has filled the tins and rounded up in the middle; then bake in a moderately quick oven till it looks done; then try it with a broom-splint, (if dough does not adhere it is done) remembering that scorched bread is ever so much better than unbaked dough.

Just before putting dough in tins, divide each loaf into two or three parts, roll each piece out long, and then lay them on, side by side. A loaf containing two parts may be pulled apart before cut-

ting, making nice square slices. Potatoes may be omitted from this bread, and it will be light and sweet, but will not keep so long. The sponge may be started at noon with the same result, if kept warm in cold weather, or at night, stirring in all the flour possible, when the yeast is added, and molding twice in the morning. But the bread is better if started in the morning, and the work does not interfere with the dinner at noon or give any trouble at night, aside from simply stirring in the flour. As it requires but one molding and rises quickly, if potatoes are used, it is baked and out of the way early in the morning, which is desirable during the warm mornings of summer or the short forenoons of winter. Frequently the sponge will be light at noon or a little after, and in warm weather set it down in the cellar or where it will keep moderately cool; it will never sour, if the water used is boiling-hot. It differs little from soft yeast that always stands about the kitchen at least two days, and is expected to keep sweet from one to two weeks.

One yeast cake may be used for two loaves bread, as a package will then last over a month; but in making a large amount of bread, the yeast and wetting are not increased according to the amount used for one or two loaves. An oven is ready for bread when the doors are hot on the outside to the outspread hand and siss on the inside. The air that comes out should be quite warm, but if actually hot, the bread will burn.

Another formula which will be found excellent is as follows: The day before baking bread have mashed potatoes for dinner; take of them when prepared for the table a pint, or so, soak a good fresh yeast cake in as little water as will soak it thoroughly, mix well with the potatoes, using the hands; then pack in a bowl, cover closely, and set in a warm place. If this is done directly after dinner, by the time one wishes to sponge the bread in the evening, it will be light—not raised up, but light all through, and just right for use. If one wishes to wait until morning before using, the yeast will not be injured by standing, only it must not get chilled.

When ready to sponge the bread, have warm water and *warm flour*, which has been placed in the oven long enough to be dry and get warm through. *Dry, warm flour* is one of the strong points of success. Stir in the flour with a spoon, not very stiff, and put it in a warm place to rise. If this is done early in the morning, following directions, the sponge ought to be ready to knead up as soon after breakfast as one may wish. Then make up stiff, add a little sugar and salt, also a little lard if wished; but no soda unless the sponge is too light to be good, and if that is the case some must be added, but the bread will not be first-class. Be sure to use the sponge before it needs the soda. Use warm flour this time also, and let no draught strike the bread at any time. Knead it up so stiff that it will need no more flour when made into loaves, put it in the bread pans to rise, and with the fist make a dent in the center to the bottom of

the bread. When this is well rounded out the bread is ready to form into loaves. Place the pan in a warm place free from draughts. A box having one or more shelves, set behind the kitchen stove is a great convenience. When the bread in the pan is light, if time or strength is any object, divide it into loaves, taking care not to have them too large for the tins in which they are to be baked, and take a chopping-knife and chop the bread instead of spending a half hour or more kneading each loaf. It is much easier, and the dough makes just as good bread. Chop and fold over, and chop again, and again, molding in shape as needful. Put the loaves in the tins and let them rise until very light—just here no written directions can take the place of experience. As to the heat required to bake, and the time also, ovens vary much. But an observing woman will soon get acquainted with her stove and oven, so that she will be mistress of the operation every time, if no one is allowed to attend to the fire while she is baking.

Another good rule is the following: Save the water drained from the potatoes for *dinner*, *mashing* some of them in it if desired. Add as much water as will make the amount of bread required, allowing one pint for a medium sized loaf. Dissolve one-third of a dry yeast cake for each loaf in a cup of warm water and stir it into the potato water, being sure to have it warm but not too warm. Add a teaspoon of salt for each pint, beat in as much flour as will make as stiff a batter as can well be beaten with a spoon and set in a warm place to rise. The last thing before going to bed, make into a dough just stiff enough to knead well; knead for ten minutes and again put in a warm place to stand over-night. In the morning the bread will be light. Knead another ten minutes, mold into loaves and put into tins. Small or medium-sized ones are preferable to dripping-pans as the bread bakes more evenly and thoroughly and is sweeter and richer. When light bake in a moderate oven three-quarters of an hour. Place the loaves on the sides to cool and put away in a stone jar or tin bread box. For *Graham or Brown Bread*, set the yeast at night the same as for white bread, leaving out the potato water and allowing one-half the amount for each loaf. In the morning when light, add one large cup of new milk and one tablespoonful of brown sugar or New Orleans molasses for each loaf. Beat in Graham flour so long as it can be stirred, with a teaspoon or paddle, pour into deep baking tins and set in a warm place until it has risen to twice its bulk and bake one hour in a moderate oven. Wrap in damp cloths to soften the crust, if preferred.

Bread with Compressed Yeast.—When it is possible to obtain fresh compressed yeast, also called German yeast, an excellent bread can be made in about two hours and a half; the rapidity of the leavening or “raising” the dough is advantageous, because less of the nutritive elements of the flour are lost than by following the long process; for two loaves of bread use three pounds of flour

about a quart of water, two teaspoons salt, and an ounce of fresh compressed yeast; dissolve the yeast in a pint of lukewarm water; stir in sufficient flour to make a thick batter or sponge, cover with a folded towel, and set it in a warm place to rise; if properly covered and heated it will rise to a light foam in about half an hour; then stir into it the salt, dissolved in a little warm water; add the rest of the flour and sufficient lukewarm water to make a dough stiff enough to knead; knead it five minutes; divide it into two loaves, put them into buttered baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; then bake as directed in other recipes. In raising the sponge be sure the heat is not sufficient to "scald" or harden it, as that will prevent fermentation; therefore do not place it where the hand can not be held with comfort; keep it covered from draughts. If, when it is light, it has become at all soured, as it sometimes will in summer, stir into it before adding the balance of the flour a salt-spoon baking soda, dissolved in a very little lukewarm water.

The dough made for this bread may be made up and baked as raised biscuit; or if sweet biscuit are wanted, knead into it a table-spoon each of sugar and melted butter; or the dough may be boiled in soups and stews as raised dumplings.

To test the heat of the oven follow this method: The "moderate oven" temperature is that degree of heat which will turn ordinary writing-paper dark yellow or buff, that is the color of kindling-wood; put a sheet of paper in the oven and close the door; if the paper blazes the oven is too hot; arrange the dampers to lower the heat for ten minutes; then again test it with more paper; it may be necessary to try the temperature several times, but the time thus used is well spent. Another simple way of testing the heat of the oven is to hold the hand in it after it has been closed for some time; if the hand can be held there without burning for quarter of a minute the heat is good.

Quick Bread.—Peel ten potatoes, boil, drain, saving water, and mash thoroughly; add three tablespoons each sugar and salt, three of flour scalded in half pint water; mix and add a quart of the boiling potato-water, also five quarts tepid water and a cup of soft yeast. Put in a warm place till it foams nicely, then put away to cool. When thoroughly *cold*, seal or cork tightly and put in a cool place. To make the bread, sift flour in pan for number of loaves required and wet it with some of the above prepared rising, *warmed*, (very important) and *nothing else*; when well mixed mold into loaves and put in a warm place to rise; if directions are strictly followed, bread will be light in two hours. Bake an hour, and thus in three hours perfect bread can be made and baked. By adding to part of the dough when mixed for the loaves, half teacup lard or butter, one egg and three tablespoons sugar, let rise and then make into biscuit, let rise again and bake, taking for all an hour and a half more—this

gives biscuits or rolls in less than four hours, as soon as with compressed yeast, with the advantage of the rising being home-made. This comes strongly endorsed by an experienced bread baker. Or take two yeast cakes dissolved in one-half pint of warm water, add two tablespoons flour, one-fourth cup sugar and one-fourth cup salt. One dozen potatoes boiled and mashed are to be stirred with one quart boiling water, cooled with two quarts cold water and to this add yeast-cake mixture. Cover close and put in a warm place till morning. This may be prepared while getting dinner. To each loaf, allow a pint of this rising and use no other wetting. Stir as stiff with flour as possible, or mix lightly with the hands if preferred and leave to rise, which will be in an hour or two according to temperature. Mold and let rise again in bulk; when light mold for tins, taking care this time not to let it get too light for fear the bread will be too crumbly. Use *covered* tins for baking, as they improve the crust.

This rising will keep two or more weeks and though it may seem sour, will make good sweet bread *without* the use of soda or other alkali. For *Good Brown Bread*, take one pint of the stirred sponge when light and ready to mold in bulk as above, and add one-half cup of good molasses and one-half cup of warm milk. Stir very stiff with graham flour. Mold into loaves with the spoon and bake in a rather slow oven.

Boston Brown Bread.—Scald a pint of corn meal with a pint of boiling water, when sufficiently cool, add a pint and a half of rye meal, a gill of yeast, a gill of molasses and a teaspoon of salt. Mix well, and when perfectly risen, steam five hours, then put in the oven half an hour to dry and harden the crust.

Boston Brown Bread.—Boil and mash fine six potatoes and make into a sponge with one cup yeast, three cups flour and one quart warm water, adding two tablespoons each of lard and brown sugar. When light, sift into the bread tray two quarts Indian meal, one quart rye or wheat flour and one tablespoon each of soda and salt. Pour the risen sponge into this and mix, adding warm water if needed, and work in gradually a half cup molasses. Knead well and let rise six or seven hours, knead again, make into loaves, let rise one hour and bake in moderate oven.

Brown Bread with Mush.—Pour two quarts hot corn meal mush, made as for eating, over two quarts Graham flour (wheat may be used); when nearly cool add quart sponge, coffee-cup molasses, teaspoon salt, half teaspoon soda; mix well together with a wooden paddle or the hands and add half pint more flour to make *stiff batter*. Place in small bread pans (such as are described in the preceding preface on baking bread), filling them a little more than half full and smoothing over with a spoon dipped in water. Let rise till there is a *seam or crack in the loaf*, then bake in a moderate oven

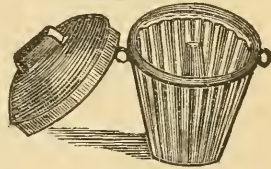
for an hour and a half, putting a thick paper over the loaves for the first half hour; when done, rub over with butter, place on the side, wrap in a cloth, and when cold put in a jar or box.

Steamed Corn Bread.—Two and one half cups sour milk, (buttermilk if you have it), two cups corn meal, one cup flour, two tablespoons sugar, one teaspoon soda, one tablespoon salt, two eggs, put in a cake pan with stem in center, place in a steamer, and steam three hours, or longer, keep closely covered, put in stove fifteen minutes to brown before sending to table; set in a pan of cold water a few minutes and it will turn out nicely.

Graham Bread.—Make a sponge as for white bread; put in the white of an egg beaten light, a teaspoon salt, one tablespoon sugar one of lard, beat all together and stir into the sponge when it is light. Then mix soft with Graham flour, knead on board lightly, let remain in dish to rise, then make into loaves and let rise again.

Graham Bread with Soda.—Mix one cup warm water with two tablespoons syrup, one-half teaspoon soda and one cup white flour. Stir in Graham flour with a spoon until stiff. Set in a warm place one-half hour to rise and bake one and one-fourth hours.

Graham Bread, Steamed.—Two cups Graham, two cups Indian meal, two cups sweet milk, one cup sour milk, one cup molasses, one teaspoon soda, a little salt. Steam two hours and dry a few minutes in hot oven.



Pan for Steaming Bread.

Quick Graham Bread.—One and a half pints sour milk, half cup New Orleans molasses, a little salt, two teaspoons soda dissolved in a little hot water, and as much Graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed and bake two hours.

Rye Bread with Soda.—Two and one-half cups sour milk, two-thirds cup molasses, one teaspoon soda, one-half teaspoon salt, two cups sifted wheat flour and three and one-half cups rye meal—or if preferred all rye may be used. Bake in a loaf or gem pans.

Rye and Indian Bread.—One quart of rye meal or rye flour, two quarts of Indian meal, scalded (by placing in a pan and pouring just enough *boiling* water over it, stirring constantly with a spoon, to merely wet it, but not enough to make it into a batter), one-half teacup molasses, two teaspoons salt, one of soda, one teacup yeast; make as stiff as can be stirred with a spoon, mixing with warm water, and let rise all night; then put in a large pan, smooth the top with the hand dipped in cold water, let it stand a short time and bake five or six hours. If put in the oven late in the day, let it remain all night. Graham may be used instead of rye and baked as above. In the olden time it was placed in kettle, allowed to rise, then placed on the hearth before the fire, with coals on top of lid, and baked.

Rye Bread.—Make a sponge of one quart warm water, one tea-cup yeast, thickened with rye flour; put in warm place to rise over night; scald one pint corn meal; when cool add it to sponge, and add rye flour till thick enough to knead, *knead but little*, let rise, mold into loaves, place in deep pie-tins or small pudding-pans, let rise and bake; or, thicken the sponge with rye flour, and proceed as above. Wheat sponge may be used instead of rye.

Rye Bread.—Make sponge as for wheat bread, let rise overnight, then mix it up with the rye flour *as stiff as can be kneaded*, add to the quantity for three loaves of bread, two cups molasses and a very little grated orange peel. Let rise, mold into loaves and when risen, bake.

Vienna Bread.—In some bakeries a peculiar gloss is given to the surface of Vienna bread by the introduction of a jet of steam into the oven while the bread is baking; but if when the bread made at home is half baked it is brushed over with a soft sponge wet in milk the loaf will present a glossy crust. No particular kind of oven is required, but it is necessary that the bread should be baked at a temperature of 500 degrees Fahrenheit. In the bakeries the dough is mixed in zinc-lined wooden troughs, but an ordinary earthen bread bowl may be used. The temperature of the room in which the bread is made should be about 80 degrees Fahrenheit, and the milk and water used for making the bread should be of the same degree of heat; only the best bread flour should be used. The length of time required to complete the process is about three hours and a half.

The proportions of an ordinary family baking are four pounds of flour, three pints of milk and water, half an ounce of salt, and one and three-quarter ounces of very fresh compressed yeast. The process of making is as follows: Place the flour in the bread bowl, and in it put the milk, water, and salt; mix with the liquid enough of the flour to make a very thin batter; next rub the yeast to powder between the hands, and mix it into the batter; cover the bowl closely, and let it stand for three-quarters of an hour. At the end of that time mix in the rest of the flour smoothly, and let the dough thus made stand again closely covered for two hours and a half, until it is light and elastic; then cut it into pound pieces, and each pound into twelve equal parts; flatten these small pieces of dough in squares three-quarters of an inch thick, fold their corners to the center, pinch them down to hold them, and turn the little rolls thus made over on board covered with cloth; let them stand for about ten minutes, turn them up again on a baking-sheet, and put them into a hot oven to bake quickly, for about fifteen minutes; when half done brush them with milk, return them to the oven and finish baking them. This process seems to imply a little trouble to the bread-maker, but the delicious quality of the bread thus produced well repays the extra pains taken in making it; and a little practice will enable any person to accomplish the result successfully always.

BREAKFAST AND TEA CAKES.

Good flour is especially important for biscuit, rolls and cakes.

Wheat Flour, of the best quality, is of a delicate cream color, dry to the touch, and heavier than the inferior grades. It sticks to the fingers, and when pressed in the hand it forms a kind of wad, or ball. If it is either pure white, bluish or grayish white, it is not to be trusted.

What is called New Process Flour is of very superior quality, if genuine. It is made by *crushing* the wheat between rollers, and sifting out the germ, instead of *grinding* it between millstones, and so unavoidably combining some of the grit of the stone with it.

There are two modes of testing its purity and richness.

First, put a large pinch of it on the palm of the hand, press it firmly, and rub it as smooth as possible, with the finger nail or a knife blade; then hold it in a strong light, and you can readily judge of its cream-white color, its fineness, and whether it is spotted or contains bran. The softer it is to the touch and the thinner it can be spread, the better dough it will make.

Another test is to fill the hollow of the hand with flour, make a hole in the center, and put in enough cold water to make a rather soft dough. If on stretching it it is tenacious, and seems to harden in the air, the flour is fresh and of good quality, as these qualities indicate the presence of gluten. But if the dough softens and is sticky and breaks easily when pulled it is unfit for fine bread or cakes. If it has any unpleasant odor it is unfit for any use. *In all cases* flour should be sifted before using, and before mixing it should be *thoroughly warmed through the whole mass*. Flour, to keep well,

must be covered closely from the air. Rye meal is much better than rye flour for making all kinds of bread and muffins, but the meal, like the old fashioned corn or Indian meal, grows musty in a short time in hot weather, so that but a small quantity should be bought at a time.

In most families there is a large amount of corn or Indian meal used, but the quantity purchased at a time depends upon the kind of meal selected. The common kind, which is made by grinding between two mill-stones, retains a great deal of moisture, and in hot weather, will soon grow musty; but the granulated meal will keep for any length of time. The corn for this meal is first dried; and it takes about two years for this. Then the outer husks are removed, and the corn is ground by a process that produces grains like granulated sugar. After once using this meal one will not willingly go back to the old kind. Indian meal is made from two kinds of corn, Northern and Southern. The former gives the yellow meal, and is much richer than the Southern, of which white meal is made. Sweet milk may be used in place of sour, and *vice versa*, remembering that the proportions are one level teaspoon soda to one pint sour milk, and with sweet milk two heaping teaspoons baking powder, or two teaspoons cream tartar and one of soda, to one quart flour. It always pays best to buy pure soda and cream tartar at a higher price. They are more certain in action, and free from injurious foreign substances.

Biscuit may be made by taking a part of the dough prepared for bread at the point when it is ready to make into loaves, knead into it a little more flour, with lard, eggs, sugar, or what ever is desired, let rise, then work again and let rise a second time, after which turn out on table and knead again a few minutes, roll out and cut out or mold with the hand for biscuit, when they are ready for the pan which should be well greased. Biscuit require a quick oven for from fifteen to twenty minutes. Before placing in the oven, wet the top slightly with warm water and a better brown will be given to the crust, or to glaze, brush over with milk and sugar or the yolk of an egg, sweetened and well beaten in a little milk.

A very hot oven will bake biscuit in eight to ten minutes, but the oven should be allowed to cool off slowly as they bake and they must be watched closely to prevent burning. Bread or pastry mixed with water requires a hotter fire than that mixed with milk.

It requires a longer time for biscuits and rolls to rise before placing in the oven, as the heat arrests fermentation sooner in the small rolls than in the large loaves of bread which continue to rise after they have been placed in the oven. Biscuit should be molded two hours before the meal for which they are intended, and Parkerhouse rolls need three hours to rise. The most important point in both bread and rolls is to act promptly at each rising, just when the proper time has been reached. Handle soda biscuit as little as possible, and the whole process should be rapid. The soda and cream-tartar, or baking powder should be mixed with the flour so that effervescence takes place in the dough. A teaspoon soda and two of cream-tartar, or three teaspoons baking-powder to one quart of flour is the right proportion. Use baking-powder or soda and cream-tartar with sweet milk, and soda alone with sour milk. Place in hot pans and bake in quick oven immediately. A very hot oven is required for gems, but the fire should be ready to go down as the heat which is right at first would burn them when nearly done. White bread and biscuit should be pricked with a fork before placing in the oven, but brown and graham bread do not need this treatment as the crust is porous. To freshen stale biscuit, bread or cake, plunge quickly for an instant into cold water, then place in the oven for a few minutes and use immediately. Heat and butter waffle irons, fill one side with batter, close and lay over the fire or on stove, turning in a few minutes to the other side. They require about twice as long as griddle cakes. Ground cinnamon makes a nice dressing for them. Break muffins but do not cut them in eating.

Roll Glaze.—Take yolks of two eggs and twice their bulk in water and half a teaspoon of sugar; put on with brush when rolls are half baked, return to oven and finish baking.

Bannocks.—Wet one pint Indian meal with boiling water or milk. Let stand a few minutes and add one egg, a little sweet cream or a tablespoon melted butter, and salt. Make into balls and fry in hot lard.

Buttermilk Biscuit.—One quart flour, one teaspoon soda butter or lard size of an egg, a little salt, and buttermilk to make a soft dough. Roll out quickly and bake in hot oven. The following way of baking makes a pleasing novelty: Roll the dough thinner than ordinarily, spread well with butter previous

ly softened, dust over thickly with white sugar and roll it up; cut slices off from the end the thickness of ordinary biscuit, put in buttered pans and bake.

Cream Biscuit.—Put three heaping tablespoons of sour cream into a bowl or pan holding a quart, and fill two-thirds full of sweet milk; add two teaspoons cream-tartar, one teaspoon soda and a little salt, with flour enough to mix soft, and bake in quick oven.

Kenilworth Biscuit.—Wash all particles of salt from one pound best butter and cream with scant one-half pound sugar. Dry and slightly warm two pounds flour and mix gradually with the hand with the butter and sugar. The longer it is kneaded the better it will be. Lay on molding board and press with the hand into sheets half an inch thick. Do not roll as rolling toughens it. Cut into any desired shapes, prick or stamp a pattern on top, and bake in a moderate oven until a fine yellow brown.

Fairy Biscuit.—Beat well together two ounces butter and a half pound of flour, adding the white of one egg, one teaspoon milk, four ounces sugar, two ounces sweet, well pounded almonds, and work well into paste. Pinch off pieces the size of a half dollar and bake on buttered paper.

Italian Biscuit or Rusks.—Sift three quarts of flour into a large pan, and work into it one half pound each of butter and sugar; beat two eggs very light and stir them into one and a half pint of milk, adding two tablespoons rosewater and a gill of soft yeast. Make a hole in the dough, pour in the milk and slowly mix to a thick batter, cover and set to rise. Knead thoroughly when light and pull off a piece of dough the size of an egg and knead separately to make small rusks. Place in shallow pans, half an inch apart, prick with a fork, set to rise, and when very light bake in a moderate oven. Brushing over with Roll Glaze just before they are done. Eat while fresh.

Oxford Biscuit.—Rub one pint butter into two quarts flour, mix in a tablespoon of cinnamon and two tablespoons of caraway seeds. Dissolve a teaspoon soda in three quarters pint milk, mix with a heaping pint of granulated sugar, add to above and work into a stiff dough. Knead thoroughly, roll out half an inch thick, cut with biscuit cutter, prick with fork, place in round pans, and bake to a light brown.

Orloff Biscuit.—Cream three fourths pint, butter and a heaping pint sugar; add three quarts flour, one quart sponge, and sweet milk enough to make a soft dough. Knead thoroughly and set to rise at night. In the morning, knead lightly, pull off small pieces, and make into round cakes one inch and a half in diameter and a half inch thick, place an inch apart on buttered tins, set in a warm place to rise, brush lightly with a little cold water, and let them slowly cool in the tins.

Potato Biscuit.—One cup each butter, sugar, milk, hot mashed potatoes (free from lumps), one cup yeast and two eggs. Mix with enough flour to make a good batter, let rise, and add as much flour as can be stirred in with a spoon. Let rise again, roll out to half an inch thick, cut in small round cakes, put two together and when light bake.

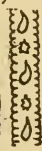


Biscuit Pans.

Rye Biscuit.—Two cups rye meal, one and a half cups flour, one egg, two cups sour milk, one-third cup molasses, salt and two teaspoons soda. Mix lightly, roll out and bake.

South Carolina Biscuit.—One quart sweet cream or milk, one and a half cups butter or fresh lard, two tablespoons white sugar, one good teaspoon salt; add flour sufficient to make a stiff dough, knead *well* and mold into neat, small biscuits with the hands, as our grandmothers used to do; add one good teaspoon cream tartar if preferred; bake well, and you have good sweet biscuits that will keep for weeks in a dry place, and are very nice for traveling lunch. They are such as will be sent to the army, and the "boys" relished them "hugely."

Soda Biscuit.—Put one quart of flour, before sifting, into sieve with one teaspoon soda and two of cream tartar (or three of baking powder), one of salt, and one tablespoon white sugar; mix all



Biscuit and Fancy Cake Cutters.

thoroughly with the flour, run through sieve, rub in one level tablespoon of lard or butter (or half and half), wet with half pint sweet milk, roll on board about an inch thick, cut with biscuit cutter, and bake in a quick oven fifteen minutes. If you have not milk, use a little more butter, and wet with water. Handle as little and make as rapidly as possible.

Spoon Biscuit.—One quart sour milk or buttermilk, one teaspoon soda, a little salt, two tablespoons melted lard, and flour enough for a stiff batter; drop in a hot gem-pan and bake in a quick oven.

Tea Biscuits.—Cook until mealy and tender three good sized potatoes, mash through colander, and add them to one quart flour in which two tablespoons of baking powder have been sifted, butter size of egg rubbed well through the flour, one well-beaten egg, one cup cream and milk enough to make a good firm dough. Roll out to one-half inch in thickness, cut into small cakes and bake in hot oven fifteen minutes.

Unleavened Biscuit.—Five cups Graham flour, one cup warm (not hot) water, white of one egg well-beaten. Bake in gem pans.

Coffee Bread.—One egg, one-half cup sugar, one cup milk, one-half cup yeast and flour to sponge. When light add one-half cup butter, worked in with the hands (not kneaded) and flour enough to make it soft so that it may be patted down into a greased pan to bake. Let rise again, put little specks of butter over the top, press them in and sprinkle with sugar and cinnamon. Bake about twenty minutes, and cut in strips an inch wide for breakfast or lunch.

Easter Bread.—One yeast cake, two cups each flour and water; mix and set to rise overnight; in the morning take six cups flour, two cups milk, one and one-half cups currants, one and one-half cups raisins, one-half cup sugar, butter the size of a large hen's egg rubbed in cold, one teaspoon salt; mix and let rise until light, then mold and put in pans until light, then wet top with melted butter, and bake one hour.

Buns.—Break one egg into a cup and fill with sweet milk; mix with it half cup yeast, half cup butter, one cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let rise till very light, then mold into biscuit with a few currants. Let rise a second time in pan; bake and, when nearly done, glaze with a little molasses in milk. Use the same cup, no matter about the size, for each measure.

Currant Buns.—Four pounds light bread dough, eight ounces each of currants, sugar and softened butter. Roll the dough out, strew the currants over it and knead them in. Roll out again, then spread on the butter and sugar, cut in bands as wide as the hand and roll them up. Brush them over with melted butter so that they will not stick together in the pans and cut off pieces an inch thick. Put in a buttered pan just touching each other, let them rise nearly an hour and bake. Brush over with sugar and water and dredge with sugar and cinnamon.

Hot Cross Buns.—Set a sponge overnight with three cups sweet milk, one cup yeast and flour enough to make a stiff batter. In the morning add one-half cup melted butter, one cup sugar, half a nutmeg, salt-spoon salt and flour enough to roll out. Knead well and set to rise five hours. Roll half an inch thick, cut into round cakes, and when they have risen half an hour make a cross on each one with a knife and bake.

Apple Cake.—Make like cinnamon cake, placing raw apples cut in eighths over the top, with the butter, cinnamon and sugar. Let rise and bake.

Breakfast Cake.—Two tablespoons sugar, two of butter, two eggs, one cup milk, one (scant) quart flour, one teaspoon soda, two of cream tartar; bake twenty minutes in a quick oven.

Hominy Crumpets.—One cup boiled hominy, two cups milk, one tablespoon sugar, two tablespoons melted butter, four tablespoons yeast, four cups flour, or enough to make a good batter, and a little salt well beaten together. Let rise six hours or until very light. Then add one-fourth teaspoon soda dissolved in a little hot water, put into muffin tins, let stand fifteen minutes and then bake quickly. To be eaten hot. For rice crumpets substitute one cup rice for the hominy.

Royal Crumpets.—Knead four tablespoons melted butter, three eggs and one cup sugar into three cups raised dough. Bake twenty minutes in buttered tins and serve with sugar.

Corn Dodgers.—To one quart corn meal add a little salt and a small tablespoon lard; scald with boiling water and beat hard for a few minutes; drop a large spoonful in a well-greased pan. The batter should be thick enough to just flatten on the bottom, leaving them quite high in the center. Bake in a hot oven.

Gems.—One tablespoon each sugar and butter, one egg, one cup milk, two teaspoons baking-powder, flour to stiffen; beat sugar and butter to a cream and add the rest. This recipe makes one dozen gems.

Corn Gems.—Two cups each corn meal, flour and sweet milk, two eggs, three heaping teaspoons baking-powder, one-half cup each butter and sugar, and a little salt. Put into hot gem pans.



Corn Gem Pans.

Good Graham Gems.—Three cups sour milk, one teaspoon soda, one of salt, one tablespoon brown sugar, one of melted lard, one beaten egg; to the egg add the milk, then the sugar and salt, then the Graham flour (with the soda mixed in), together with the lard; make a stiff batter, so that it will drop, not pour, from the spoon. Have gem-pans very hot, grease, fill and bake fifteen minutes in a hot oven.

Sweet Milk Gems.—Beat one egg well, add a pint new milk, a little salt and Graham flour until it will drop off the spoon nicely; heat and butter the gem-pans before dropping in the dough; bake in a hot oven twenty minutes.

Oat Meal Gems.—One cup cooked oat meal, or soaked overnight, in one cup water. Add one cup sour milk, one teaspoon soda, one cup flour, a little salt, and bake in gem-pans. Try one first and if too moist or sticky add more flour.

Wheaten Gems.—Mix one teaspoon baking-powder and a little salt into one pint flour; add to the beaten yolks of two eggs one teacup sweet milk or cream, a piece of butter (melted) half the size of an egg, the flour with baking-powder and salt mixed, and the well

beaten whites of the two eggs. Beat well, bake immediately in gem-pans in a hot oven, and take out and send to the table immediately.

Alabama Johnny-Cake.—Cook a pint of rice till tender, add a tablespoon butter; when cold add two beaten eggs and one pint meal, and when mixed spread on an oaken board and bake by tipping the board up before the fire-place. When done on one side turn over. The dough should be spread half an inch thick.

Johnny-Cake.—Two eggs, one cup sugar, one and one-half of corn meal, two-thirds cup melted butter, or lard, two cups each sour milk and flour, two teaspoons each saleratus and salt.

Johnny-Cake.—Two-thirds teaspoon soda, three tablespoons sugar, one teaspoon cream tartar, one egg, one cup sweet milk, six tablespoons Indian meal, three tablespoons flour, and a little salt. This makes a thin batter.

Corn Muffins.—One quart sifted Indian meal, a heaping teaspoon butter, one quart milk, a salt-spoon salt, a third cup yeast, a tablespoon of molasses; let it rise four or five hours, and bake in muffin-rings.

Corn Muffins.—Two cups corn meal, one-half cup flour, one-fourth cup sugar, two eggs, butter size of a walnut, one teaspoon salt, two tea-spoons baking powder and enough sweet milk to make quite thin. Bake in gem pans.

Cream Muffins.—Beat the yolks of three eggs with one teaspoon salt and stir in a half-pint sweet cream adding a half-pint of flour and lastly the whites of the eggs beaten to a stiff froth. Bake in buttered gem pans in quick oven from ten to fifteen minutes.

Graham Muffins.—One egg, heaping tablespoon butter, one and a half cups milk, little salt, one teaspoon baking powder, Graham flour to stiffen. Put in slightly heated gem tins and bake.

Graham Muffins.—Two cups sour milk, two tablespoons brown sugar, a little salt, one teaspoon soda, sufficient Graham flour to make moderately stiff. If not convenient to use sour milk, use sweet, adding cream of tartar.

Indian Muffins.—Two cups Indian meal scalded with as little water as possible, one cup flour, one cup sweet milk, one tablespoon butter, half cup sugar, one small cup yeast. Let rise overnight and bake in rings for breakfast.



Heart Pan.



Leaf Cake Pan.



Scallop Pan.

Rice Muffins.—One cup cold boiled rice, two eggs, one quart milk, one tablespoon butter, one teaspoon salt, one pint flour and a teaspoon baking powder.

Nun's Puffs. (for tea).—Rinse a saucepan in water to lessen risk of burning and heat one pint of new milk with a quarter pound of butter to boiling, stir in smoothly a half pound of flour and when cool beat in the yolks of nine eggs, adding the whites beaten to a stiff froth last. Bake in gem pans or cups, half filled, twenty minutes in hot oven. Some add a tablespoon of sugar.



Puff Pans.

Egg Rolls.—To three well beaten eggs add one cup each of sugar, yeast and lard or butter, and a pint of sweet milk. Sponge at night, mix in the morning, adding a little soda; roll them as pie crust, spread with lard, roll up and bake.

Every-Day Rolls.—Take a piece of bread dough on baking day, when molded out the last time, about enough for a small loaf, spread out a little, add one egg, two tablespoons sugar and three-fourths cup lard; add a little flour and a small teaspoon soda if the least bit sour; mix well, let rise, mold into rolls or biscuits, set to rise again, and they will be ready for the oven in twenty or thirty minutes.



Every-Day Rolls.

Finger Rolls.—Three and one-half cups sweet milk, one cup butter and lard mixed in equal proportions, one cup potato yeast, flour enough to make into dough. Let rise overnight; in the morning add one beaten egg, half cup sugar; knead well and let rise. With the hands make into balls as large as a small hen's egg, then roll between the hands, or on a floured board, into long rolls, about four inches long and three-quarters of an inch in diameter, or size of the second finger; place in even rows in the pans, not too close together, or in roll pan. Let rise until light, bake delicately, and glaze by brushing lightly with the white of an egg. Or, to bread dough add half cup sugar, an egg, and cup butter, let rise and roll as above.



Finger Rolls.

French Rolls.—Peel six medium-sized mealy potatoes, boil in two quarts of water, press and drain both potatoes and water through a colander; when cool enough so as not to scald, add flour to make a thick batter, beat well, and when lukewarm add one-half cup potato yeast. Make this sponge early in the morning, and when light turn into a bread pan, add a teaspoon salt, half cup lard, and flour enough for a soft dough; mix up and set in a warm, even temperature; when risen, knead down and place again to rise, repeating this process five or six times; cut in small pieces and mold on the bread-board in rolls about one inch thick by five long; roll in melted butter or sweet lard and place in well-greased baking pans (nine inches long by five wide



French Roll Pan.

and two and a half in depth, makes a convenient sized pan, which holds fifteen of these rolls; or, if twice the width, put in two rows); press the rolls closely together so that they will only be about half an inch in width. Let rise a short time and bake twenty minutes in a hot oven; if the top browns too rapidly, cover with paper. These rolls, if properly made, are very white, light and tender.

Or, make rolls larger, and just before putting them in the oven, cut deeply across each one with a sharp knife. This will make the cleft roll, so famous among French cooks.

French Rolls.—For about sixty split rolls, three large cups water or milk; one large cup yeast; heaping tablespoon salt; two ounces each sugar and lard or butter; four pounds flour. Set sponge at eight in the morning with half the flour, adding sugar and butter, then beat it again about one, add the salt and make up stiff dough with the rest of the flour. Knead the dough on the table, alternately drawing it up in round shape and pressing the pulled-over edges into the middle and then pressing it out to a flat sheet, folding over and pressing out again.

Brush the clean pan over with the least touch of melted lard or butter—which prevents sticking and waste of dough—place the dough in and brush that over, too. Where economy reigns the strictest, a little warm water in a cup and teaspoon lard melted in it will do for this brushing over and insures the truest saving and smoothest bread. Let the dough rise till four, then spread dough on table by pressing out with the knuckles till it is a thin uneven sheet. Double it over on itself and press the two edges together all around first. This imprisons air in the knuckle holes in large masses. Then pound and press the dough with the fists till it has become a thin sheet again, with the inclosed air distributed in bubbles all through it. Fold over and repeat this process several times, then roll it up; it will be like



French Rolls.

an air cushion. Let it stand a few minutes before making into plain rolls, cleft rolls, or loaves. Persons in practice find it quickest to pull off pieces of dough of right size and mold them up instantly. Others cut off strips of dough, roll them in lengths and cut these up in roll sizes; mold them up round with no flour on the board and only a dust on the hands, and place them in regular rows on the table—the smoothest side down; take a little rolling pin—it looks like a piece of new broom handle—and roll a depression across the middle of each; brush these over with the least possible melted lard or butter, using a tin-bound varnish brush for the purpose; double the rolls, the two buttered sides together as seen in the cut above, and place them in the pans diagonally, with plenty of room so they will not touch; brush over the tops of the rolls in the pans with the least

possible melted lard again, and set them to rise about an hour—less or more according to temperature. Bake in a hot oven, about ten minutes; brush over with clear water when done.

Graham Rolls.—Mix thoroughly with a spoon one quart each of Graham and white flour, one and a half pints lukewarm water, one gill each of molasses and yeast, two ounces drippings or butter, two teaspoons salt. Let rise, drop in buttered roll pans and bake. For breakfast mix at night.

Italian Rolls.—A pound of bread dough, quarter-pound softened butter; work the butter well into the dough, and roll out about half an inch thick; cut into strips nearly an inch wide and seven or eight inches long; sift over them fine corn meal, place them apart on a buttered pan, and when light bake in a quick oven.



Italian Roll Pan.

Oatmeal Rolls.—To one cup oatmeal mush add half cup sweet milk, thicken with white flour till stiff enough to roll, roll out one inch thick, cut out with a cutter four inches long by one and a half inches wide. Sprinkle a pan with corn meal, place in rolls and bake at once in a hot oven from half to three quarters of an hour.

Parker House Rolls.—Rub one-half tablespoon of butter, and one-half tablespoon of lard into two quarts of sifted flour; into a well in the middle pour one pint of cold boiled milk, and add one-half cup of yeast, one-half cup sugar, and a little salt. If wanted for tea, rub the flour and butter, and boil the milk, and cool it the night before; add sugar, yeast and salt, and turn all into the flour, but do not stir. Let stand overnight; in the morning stir up, knead and let rise till near tea time; mold and let rise again, and bake quickly. To mold, cut with cake-cutter; put a little melted butter on one-half and lap nearly over on the other half. Place them in the pan about three-quarters of an inch apart.

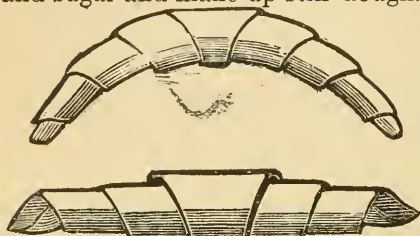
Ring Rolls.—Make dough as for Finger Rolls, roll to the same thickness in strips eight or nine inches in length and pinch together in a ring with about three inches space in the center. Be careful not to have the rolls of dough too large, as they will rise.

Snowflake Rolls.—Make like pie crust, roll pretty nearly as thin, cut into narrow strips, roll and twist them in the hands, pinch the ends together and bake in hot oven ten minutes. Eat with honey.

Vienna Rolls.—Have ready in a bowl a tablespoon of butter or lard, made soft by warming a little, and stirring with a spoon. Add to one quart of unsifted flour two heaping teaspoons baking powder; mix and sift thoroughly together, and place in a bowl with

butter. Take more or less sweet milk as may be necessary to form a dough of usual stiffness, according to the flour (about three-fourths of a pint), put into the milk half a teaspoon of salt, and then stir it into the flour, etc., with a spoon, forming the dough, which turn out on a board and knead sufficiently to make smooth. Roll out half an inch thick, and cut with a large round cutter; fold each one over to form a half round, wetting a little between the folds to make them stick together; place on buttered pans, so as not to touch, wash over on top with milk to give them a gloss, and bake immediately in a hot oven about twenty minutes. It will do them no harm to stand half an hour before baking, if it is desired.

Vienna Rolls.—Two pounds flour; two cups milk; one-half cake compressed yeast, or one-half cup potato yeast; two teaspoons each sugar and salt. Make the milk lukewarm and dissolve the yeast in it. Set sponge at nine in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about four. Then



Vienna Rolls.

work the dough well on the table by pressing out and folding over. Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then, measuring with hand, cut the dough into strips or bards as wide across as hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end. Give each roll a few turns under the hands to smooth it and place it on the baking-pan in the form of a crescent—just the shape and size of the new moon. Brush over with water or melted lard. Let rise in the pans about half an hour and bake about ten minutes.

Victoria Rolls.—Separate one of the Favorite loaves into ten irregular pieces of thickness of about half an inch. Take separately each piece in left hand, and slightly stretch with thumb and forefinger of right hand one of the irregular points over left thumb towards center of roll. Repeat this operation, turning piece of dough as it proceeds, each time lifting thumb and gently pressing it upon last fold until all the points have been drawn in, when roll can be placed to rise. If folding has been properly done, the roll when baked will be composed of layers of delicate, tenacious crumb surrounded with a thin crisp crust. The fingers can be slightly greased to keep the dough from sticking; but if of the proper consistency it will not stick.

Baking Powder Rusk.—Mix the beaten yolks of three eggs with a half cup butter and one cup sugar. Make a dough of the consistency of bread dough of a quart of sifted flour wet with water, in which two heaping teaspoons of baking powder and one of salt has been well mixed. Then add the eggs, butter and sugar, form into little cakes, rub the tops with sugar and water, sprinkle dry sugar over them and bake immediately.

Fancy Rusk.—Break an egg into a cup, beat light and fill up with milk, add half cup sponge, three-fourths cup sugar, one-fourth cup butter, enough flour for soft dough and a little cinnamon. Knead well, let rise, knead again, form into small rolls with buttered fingers and place in deep pan. Let them get very light before baking.

Lebanon Rusk.—One cup mashed potatoes, one of sugar, one of home-made yeast, three eggs; mix together; when raised light, add half cup butter or lard, and flour to make a soft dough, and, when quite light, mold into small cakes, and let them rise again before baking. If wanted for tea, set about nine A. M.

Marblehead Rusk.—Warm six ounces butter, two of sugar and half cup milk, or cream, with one pound dough, mix well, beat in yolks of ten eggs, two at a time, and add gradually one and one-fourth pounds flour. Knead, set to rise, in three hours knead again, let rise, knead yet again, and finish as Parker-house Rolls. The dough may be flavored with vanilla, vanilla and rose mixed, orange, nutmeg, or lemon rind and little juice. Add raisins, currants and citron if liked.

Southern Egg Bread.—Two cups white Indian meal, one cup cold boiled rice, three well beaten eggs, one tablespoon melted butter, two and a half cups milk, or enough for a soft batter, one teaspoon salt and a pinch soda. Stir the beaten eggs into the milk, then the meal, salt and butter, and lastly of all the rice. Beat up well from the bottom two or three minutes, and bake quickly in a round shallow pan.

Scones.—Rub one-fourth pound butter and enough sweet milk to make a smooth paste into one quart sifted flour and two heaping teaspoons baking powder. Roll out to one-fourth inch thickness, cut into triangular cakes each side about four inches long, lay on buttered tin, and bake in hot oven. When half done brush over with sweet milk.

Sally Lunn.—Sift into a pan a pound and a half flour, put in two ounces butter warmed in a pint new milk, one saltspoon salt, three eggs well beaten, and two tablespoons good yeast. Mix well together, and put the whole into a tin pan well greased, and set to rise all night. Bake a little brown in a quick oven. Warm the milk and butter over water until the butter is melted; beat the eggs in a

two-quart tin pail, and if the milk is not *hot* pour it over them. Stir in half the flour, then add the yeast, stirring thoroughly with the rest of the flour. Let rise overnight. Some add two tablespoons sugar and use a teaspoon soda and two of cream tartar instead of the yeast.

Trifles.—Three-quarters cup cream (milk may be used with a teaspoon butter), three eggs beaten separately, scant teaspoon baking powder, pinch each salt and cinnamon; flour to roll out; roll as thin as can be, cut into two-inch squares, drop in hot lard prepared as described in doughnut preface; place on brown paper to drain and sprinkle with pulverized sugar; or add more milk, making batter a little thicker than for pancakes, press through a meringue bag as described in confectionery preface into the hot lard in rings or any shapes wished. When done drain and sprinkle as above.

Cream Cracknels.—One pound flour, ten ounces butter, two tablespoons sugar, one-half teaspoon salt, nine tablespoons sour cream; add salt and sugar to the flour, rub in the butter, and knead into a soft dough with the cream; flour the board, turn out the dough, and break off small pieces, which roll with the hand about nine inches long, and shape into cracknels; rub over with beaten eggs, and sprinkle plentifully with sugar and cinnamon mixed; bake on tins in a moderate oven.

Cream Crisps.—Put two and a-half cups good rich cream, either sweet or sour, in a crock and add gradually four cups unsifted *best* Graham flour, and half a cup sugar, then take out on board and knead well with one more cup Graham. The dough wants to be very stiff and kneaded thoroughly. Roll out as thin as for thin cookies, cut with biscuit cutter, prick well and place in pans slightly buttered for first panfull, not greasing afterwards, in a rather hot oven, and bake immediately, putting them in bottom of oven first, and then in the upper oven to brown. If wanted "extra nice," sift the flour (using about one-eighth more flour). The quantity of sugar can be increased or diminished, but for health's sake this is sufficient, or even less. Properly made, they will be crisp and delicious.



Cream Crisps.

Waffles.—Mix thoroughly one quart of flour, teaspoon salt, tablespoon melted butter, and milk enough to make a thick batter; add two well-beaten eggs, two teaspoons cream tartar and one of soda. Stir well and bake immediately in waffle irons.

Waffles without Yeast or Soda.—Melt two ounces butter in one pint milk, and when cooled stir in a half teaspoon salt and a

scant pint and a half flour. Beat whites and yolks of three eggs separately, stirring in the yolks and then the whites very lightly.

Wafers.—One pint sifted flour, saltspoon salt, one ounce lard or butter, white of one egg, and sweet milk enough to make dough to roll out. Beat with a rolling pin for twenty minutes or longer. Every stroke adds sweetness to the wafers. Form dough into balls size of pigeon's egg and roll to size of a saucer, or *as thin as can be*. Sprinkle flour over tins and bake with care.

Sweet Wafers.—One pint flour, one cup sugar, three eggs, one tablespoon butter, flavor with lemon, mix into batter same as for cake, and bake in wafer irons.

Walnuts.—Sift one quart of flour, take one-fourth of it, and add rather more than half a cake compressed yeast, dissolved in half a gill warm water, make into sponge with a *very little* more water, put it in a warm place; when it is double its size make a hole in the center of the rest of the flour, and put in it a teaspoon each salt and sugar, two tablespoons tepid water, three-quarters pound butter and four eggs; beat well, then add another egg, beat again, and add another, and so on until seven have been used; the paste must be soft, but not spread; if too firm, add another egg. Now mix this paste thoroughly with the sponge, beating until the paste leaves the sides of the bowl, then put it in a crock and cover; let stand four hours in a warm place, turn it out on a board, *spread it and double it four times*, return it to the crock, and let it rise again two hours; repeat the former process of doubling and spreading, and put it in a very cold place for two hours, or until wanted for use. Mold in any form liked, but a preferred way is to make two pieces, one as large again as the other; form the large one into a ball, make a deep depression in the center, on which place the smaller ball, pressing it gently in; cut two or three gashes round it with a sharp knife, and bake a beautiful golden brown. These Walnuts are the same as the renowned *French Brioche*.

Weimarlies.—Take one quart bread dough, or make a sponge with a pint flour and a yeast-cake soaked in half a pint warm water or milk, then add another pint flour; when light add four tablespoons butter, a *little* sugar, and two eggs; work well. If bread dough is used, dredge in a little more flour on account of eggs, but not *very much*; let rise, and when lighter than for bread, proceed as in making rolls by pushing it down with fist till not larger than when put in pan; let rise and again push down but not so much as before; let rise, and push down again; then turn dough on molding board lightly floured, roll as pie-crust into pieces six inches square, and quarter of an inch thick, make two sharp, quick cuts across from corner to corner, and there will be from each square, four three-cornered pieces of paste; spread each *thinly* with soft butter, flour lightly, and roll up, as in Vienna Rolls, (page 42) very lightly from the wide side, taking care

that it is not squeezed together in any way; lay them on a tin with the side on which the point comes uppermost, and bend round in the form of a horse shoe; these will take some time to rise; when they have swollen much and look light, brush over with white of egg (not beaten) or milk and butter, and bake in a good oven. *Kringles* are made as above only add another egg and two table-spoons sugar (powdered) and instead of rolling as pie-crust, break off pieces, roll between the hands until thick as fingers, and form



Twist Rolls.

into figure eights, rings, fingers, or make twists as in cut; or take three strips, flour and roll them as thick as the finger, tapering at each end; lay them on the board, fasten the three together at one end, and then lay one over the other in a plait, fasten the other end, and set to rise; bake, and when done, brush over with sugar dissolved in milk and sprinkle with sugar.

Yeast.

Bread made with potato yeast, with or without hops, is moist. When hops are not added, there is no danger of using too much yeast, but there is a property in hops which preserves the yeast from souring as soon as potato yeast without them. Dry yeast should be made in May for summer and in October for winter use. In hot or damp weather dry yeast sometimes loses its vitality, but its convenience recommends its use, as it does not sour in summer or freeze in winter. Soft hop or potato yeast will keep in a cool place one to two weeks in warm weather and four to six weeks in cold weather (if not allowed to freeze) but it is better if made fresh every week or two the year round. Yeast that has soured never makes good bread. It may be used to start fresh yeast, but never for making bread. Use either dried or pressed, but never fresh hops. Dried hops keep a year, but pressed hops even longer. Those showing pollen dust are best. Either should be kept in a paper sack in a very cool place. Boil hops (without tying in a cloth, as that prevents the pollen dust, an important portion from getting into the yeast) in a new coffee-pot and make the yeast in a *bright* tin pan kept for this purpose alone. When thick like starch place in a large jar, cover, set in a pan in a warm (but not hot) place, and stir down as it ferments, adding yeast, as given in a recipe, when milk warm. When risen sufficiently, which will be in about a day, a thick white scum rises to the top; then place in a stone or glass jar with close fitting

cover, or in a jug, on the cellar bottom, in the refrigerator, or some other cool place. Fill jar to brim, leave cork loose for twelve hours, then tighten perfectly. Shake jug before using. Extreme heat or freezing kills the yeast plant. When empty, jug or jar must be washed first in cold and then in hot water which may stand in it a half hour, then let jar cool and it is ready for use. The cork or cover must be washed with equal care. Yeast is often spoiled for want of strict neatness and attention in washing jar. The following are equal in strength: One pint potato yeast, one teacup hop yeast, a piece of compressed yeast size of a walnut, one yeast cake, or two-thirds of a teacup of yeast crumbs. Well made yeast cakes will keep good if put in a tin box in a dry place from two to three months. When yeast cakes that have been put to soak are quite soft mash them entirely and stir them thoroughly with the sponge. Their odor and taste is sometimes thought to be given to the bread, rendering their use objectionable; but if properly used one cannot perceive any difference between bread made with them and with soft yeast. A difference of opinion exists in regard to the use of cooked and raw potatoes for yeast. Individually we prefer the grated potatoes, but others use them boiled with good success. Boiled potatoes should be mashed fine and put through a colander before using for yeast, and raw ones must be peeled and grated into a crock containing sufficient water to cover them, which prevents their darkening and so discoloring the yeast and bread. Some grate the potatoes with a quantity of water, letting stand until they settle to the bottom and then pouring off the water.

Dry Yeast.—Boil half pound of hops in gallon of water until reduced to two quarts. Strain, mix in wheat flour enough to make a thin batter and add a half pint of fresh, good yeast. When fermented work with corn meal to a stiff dough; cover and set in a warm place to rise; when light roll into a sheet an inch thick and cut into small cakes, three inches across; spread them on a platter and dry in a cool shade; turn them several times a day and when dry put in paper bags, set in a covered box, and keep in a cool and perfectly dry place. One cake is sufficient for four quarts of flour. To use, dissolve in a little warm water or milk, stir briskly, thicken with a little flour, cover and set in a warm place to rise. Or, to make Yeast with Potatoes: Boil one quart of pared and sliced potatoes, with a double-handful of hops, in a muslin bag, in two quarts

of water, for three-quarters of an hour, and strain through a fine sieve. Stir in flour enough to make a thick batter, beat well, add two tablespoonfuls of fresh yeast, and set in a warm place to rise. When light, stir in a coffee-cupful of Indian meal, work and roll out one-quarter of an inch thick, and cut into round cakes. Dry and pack them like the preceding.

Hop Yeast.—Steep an eighth ounce of pressed, or a handful of loose hops, in a quart of boiling water, five minutes. Strain the boiling infusion upon a half-pint of flour, stirred to a smooth paste with a little cold water. Mix well, boil a minute; then add one ounce of salt and two ounces of white sugar. When luke-warm stir in a gill of liquid yeast or an ounce cake of compressed yeast dissolved in some water. Let stand twenty-four hours stirring occasionally, then cover closely and set in a cool place. Made in this way, yeast will keep two weeks in summer or longer in winter, and may be used at any time while sweet for starting a fresh supply of yeast or for making bread.

Catnip Yeast.—Pare and boil six medium sized potatoes; tie in a clean white cloth one handful catnip (fresh or dry) and boil with potatoes; when they are thoroughly cooked take out catnip, mash potatoes with a fork, and if not smooth put through a colander or seive; add a half teaspoon ginger, handful sugar, teaspoon salt, and water in which potatoes were cooked to make about two quarts, cool to blood heat, add half-pint yeast. Set in a warm place to rise. It will rise rather slowly in making, but will raise cakes, bread, etc., quicker than hop yeast. The advantage of catnip over hops is that more yeast can be used in cold weather, as is always necessary, without danger of giving a bitter taste. This is especially nice for buckwheat cakes.

Lightning Yeast.—To a half-cup warm water add a pinch each salt and sugar and stir in corn meal until quite thick. Put in a warm place over night, or stirred in the morning and kept warm it will be light in a few hours. Put about two tablespoons of this lightning in your rising and it will be up in an hour. The yeast will not look very light but will be very porous.

Potato Yeast.—Take a small handful of hops, put in a granite kettle with three quarts water and boil till desired strength is obtained. Grate six medium-sized potatoes; into the grated potato put one cup sugar and one-half cup salt. Turn on this mixture the boiling hop water; stir till it thickens. Set away to cool until just warm, then stir in one cup of yeast. Set it to rise; when done foaming, put it in glass jars. Keep it in a cool place; or pare and boil four ordinary sized potatoes in two quarts of water, boiling at the same time in a separate vessel a good handful of hops. When potatoes are done, mash fine, pass through a colander, and add, after straining, the water in which the hops were boiled; put into this

one cup white sugar and one-half cup salt, and add sufficient water to make one gallon; when cold add one cup good yeast, let stand in a warm place for a few hours, until it will "sing" on being stirred, when it is ready for use. Keep covered in a cellar or cool place.

Potato Yeast.—Take eight good-sized potatoes, boil until done take one teacup sugar, one of salt, not too full, one teaspoon ginger, one large heaping spoonful wheat flour. Mix all together, put in the potato hot and mash fine in the water they were boiled in. Do not have it thicker than batter. When cool put in two yeast cakes, soaked in warm water, then let it get thoroughly light, put in a stone jar and put in a cool place. It will keep over a month.

Potato-Ball Yeast.—Boil and mash four or five medium-sized potatoes, or enough to make about a pint, add scant tablespoon each salt, white sugar and when cool a half package compressed yeast, or if you cannot get the compressed, take half cake dry yeast, soak in as little water as possible and add; mold into a ball, lay away where it will not freeze; after a day prepare potatoes in same way except that instead of adding yeast when cool, add first ball, work together thoroughly and mold into two balls of same size. These are ready for use any time after twelve hours, and one will be sufficient to raise four ordinary loaves. Set sponge overnight, dissolving the potato ball in about a quart of lukewarm water, which will be sufficient wetting. A supply of this yeast can be kept on hand by preparing potatoes and making a new ball as above directed the day before baking; or *Brookside Yeast* is made by stirring together three tablespoons mashed potatoe, tablespoon white sugar, level teaspoon salt and quarter of a yeast cake, softened sufficient to mix well. After mixing place in an earthen bowl or jar, cover with a saucer, and put in a place of moderate temperature; ready for use next day, but will keep a week or more in summer, and three or four weeks in winter. To make more take a tablespoon of above and add it to three or four times above recipe omitting the yeast cake. This is *never failing* and very easily made and kept.

Yeast Without Yeast.—Take tablespoon and a half each New Orleans molasses and warm water, stir in enough flour for a thin batter and set in warm place. It will soon begin to throw up bubbles and in a short time ferment. While waiting for this, make ready for it by boiling a teacup of hops in two quarts water twenty minutes; strain and stir in a pint flour and tablespoon salt, beating until free from lumps. Put over the fire again and boil until of the consistency of good starch; if too thick, thin with boiling water. Turn into a bowl, cover, and let stand till lukewarm and stir in the rising of molasses, etc. Set where it will be kept warm, but not hot, until light, when place in a jug, cork tight, and put away in a cool place.

Yahoo Yeast.—Mix one quart flour, one teacup sugar, two teaspoons alum with warm water to a creamy consistency, and add one teacup yeast. When well risen it can be made into cakes with meal and dried; or for *Saltless Yeast*, wash, pare and boil six potatoes; when done, pour potatoes and water upon half quart flour in pan, mash to a smooth paste, add more boiling water if needed, one tablespoon sugar and thin with ice water till like thick cream. When tepid, add half pint yeast and finish as directed in general directions. Some claim that grated raw potato yeast can in winter be frozen solid and kept so, thawing as wanted and then refreezing. This might be well worth trying.

Toast.

Although toast is commonly used, few know how to prepare it nicely. Take bread not too fresh, cut thin and evenly, trim off the crust-edges for the crumb-jar; first warm each side of the bread, then present the first side again to the fire until it takes on a rich, even brown color; treat the other side in the same way. The coals should be bright and hot. Toast properly made is very digestible, because all the moisture is extracted, and the bread has become pure farina of wheat; but when it is exposed to a hot fire and the outside charred, the inside remains as moist as ever, and butter applied to it while warm does not penetrate, but floats on the surface in the form of rancid oil. Vegetable and meat toasts are improved by dipping the slices in a shallow dish of hot water, slightly salted, in which a piece of butter has been melted. This should be done always when toast is hastily prepared and served. Dry toast made after the recipe given is an excellent foundation for the various dishes under this heading, as it may be prepared in a quantity and kept a long time, and is thus always at hand.



Toast Rack.

Anchovy Toast.—Slice bread the day after baking, and toast it evenly and quickly; remove the crust, spread with a little butter, and then with anchovy butter made as follows: Scrape the skin from a dozen fine anchovies, take the flesh from the bones, pound it smooth in a mortar; rub through a hair-sieve, put the anchovies

into the mortar with three-fourths pound fresh butter, a small quantity cayenne, and a saltspoon each of grated nutmeg and mace; heat together until thoroughly blended.

Asparagus Toast.—Wash the asparagus clean, cut off the white part except a mere end, put into slightly salted boiling water, boil five minutes, pour off water, add more boiling hot; boil ten to fifteen minutes, then put in a lump of butter, salt and pepper (some stir in a thickening made of one teaspoon flour mixed up with cold water); cut and toast thin slices of bread, spread with butter and put in a dish, and over them turn asparagus and gravy. The water must be boiled down until just enough for the gravy, which is made as above.

Breakfast Toast.—Chop cold steak or tongue very fine, cook in a little water, put in cream or milk, thicken, season with butter, salt and pepper, and pour it over slices of toast. Cold boiled beef or fried liver may be used instead of steak. Prepare boiled ham in the same way, adding the yolk of an egg.

Buttered Toast.—Toast slices of bread as directed in preface, butter well and serve immediately; or, beat one cup butter and three tablespoons flour to a cream, pour over this one and a half pints boiling water; place over a kettle of boiling water for ten minutes, dip into it the toast, and serve hot; or, dip each slice of toast in boiling hot water (slightly salted), spread with butter, cover and keep hot.

Cheese and Egg Toast.—Melt a cup cheese crumbs in a half pint rich milk seasoned with salt, pepper and butter to taste, and stir in two well beaten eggs. Cook a few minutes, stirring constantly. Spread over toasted bread and serve on hot platter.

Cream Toast.—Scald but do not boil one quart milk, salted, and thicken with two tablespoons flour or one of corn starch; add two tablespoons butter and the whipped whites of three eggs or a gill of cream. Boil up once and pour over the toast, lifting each lower slice so that the mixture may penetrate them. The slices of toast should first be dipped into a shallow dish of hot water into which a tablespoon of butter has been melted. Excellent without the egg or cream.

Chicken Toast.—Prepare the meat as for beefsteak toast, using with or instead of cream or milk the gravy from the chicken when you have it. Delicious.

Codfish Toast.—Make a codfish cream as given in "Fish Recipes" and pour over slices of nicely buttered toast. Chipped dried beef may be served in same way.

Dry Toast.—After bread dough has been prepared for biscuits by adding egg, butter and sugar, make into long, narrow loaves, place in pan, let rise and bake. Day after baking slice thin, put in large baking pan and brown in oven, turning and browning other side. A quantity can be browned, or brown as needed each day. Serve with soup, or very nice broken in milk, tea or coffee.

Egg Toast.—Break eggs in sufficient boiling hot (but not really boiling) water to cover them, slightly salted. Simmer gently until the eggs are delicately cooked, or until the yolks are covered with a white film. Take them up with a skimmer, and lay each on a slice of buttered toast, previously dipped in salted hot water. Butter and pepper may be added at table, and eat with Worcestershire sauce. This is an unexcelled breakfast dish.

Excellent Toast.—Cut slices of a uniform thickness of half an inch; move around over a brisk fire, to have all parts toasted alike; keep only so near the coals that the pieces will be heated through when both sides are well browned. If the slightest point is blackened or charred, scrape it off or it will spoil the flavor of the whole. If covered with an earthen bowl, it will keep both warm and moist. A clean towel or napkin will answer if it is to go at once to the table. Stale bread may be used for milk-toast; sour bread may be improved by toasting it through, but sweet, light bread, only a day old or less, makes the best toast.

French Toast.—Add to one-half pint sweet milk two table-spoons sugar, a little salt and a well-beaten egg; dip in this slices of bread (if dry, let it soak a minute), fry on a buttered griddle until it is a light brown on each side; sprinkle with sugar and serve. This is a good way to use dry bread.

Lemon Toast.—Into three cups sweet milk stir the well-beaten yolks of six eggs. Dip slices of bread into the mixture and fry in butter to a delicate brown; froth the whites of the eggs, add a large cup white sugar, two cups boiling water, and the juice and a little of the grated rind of two lemons. Pour this juice over the toast and you have a delicious supper dish.

Mennonite Toast.—Beat up three eggs well, add a pint sweet milk and a pinch salt; cut slices an inch thick from a loaf baker's bread, remove crust, dip slices into the eggs and milk, fry like dough-nuts in *very hot lard* or drippings, till a delicate brown, butter and sprinkle with powdered sugar, and serve hot.

Oyster Toast.—Prepare an oyster stew with plenty of milk, lightly seasoned with butter or cream if you have it, pepper, salt, etc., and pour over slices of toast previously dipped in hot water. Place oysters carefully on the slices and serve on hot platter.

Sausage Toast.—Is made by scalding the sausages in boiling water, frying to light brown, chop fine, and spread on bits of toast.

Tomato Toast.—Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stew-pan, season with butter, pepper and salt and sugar to taste; cut slices of bread thin, brown on both sides, butter and lay on a platter, and just as the bell rings for tea add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.

Marrow-Bone Toast.—Cover two beef shinbones, five to seven inches long, with dough and wrap in muslin; cover with hot water and boil an hour and a half. Remove cloth and dough, shake or draw out the marrow with a fork upon slices of hot toast; season with salt, a bit of cayenne and a little chopped celery.

Oyster Toast.—Take one and a half dozen nice oysters, chop fine, put in saucepan with some of their liquor, add pepper and a small pinch of nutmeg; cook a minute or two, stir in the beaten yolks of two eggs and a gill of cream; let boil up once, add salt and pour over slices of buttered bread; serve *hot*.

Salmon Toast.—Mince some canned salmon fine, put in saucepan with a little milk or cream, let heat, season and serve on toast. Poaching egg and placing on center of each slice of toast, putting the salmon around the egg, is a more elaborate manner of serving, and is very delicious

Tongue Toast.—Put finely chopped cold tongue in saucepan with a little water; when heated add a small lump butter, salt and pepper, then stir in two beaten eggs and pour mixture on each slice of toast; or add with the seasoning milk to make quite a gravy; stir in a little thickening of flour and water, let boil a few moments, and pour over the toast without adding eggs. The latter way is good for any bits of meat, fowl or game, and requires less than without the milk.

Water Toast.—Cut either white or Graham bread into slices a quarter of an inch thick, trim off crusts and brown in a moderate oven, as in *Dry Toast* recipe. This is the way to prepare all toasts, as all the moisture is thus evaporated, while holding before the fire only warms the moisture, making inside of bread doughy and indigestible. For *dry toast*, butter slightly and serve in a folded napkin if wished hot, as racks allow heat to escape; dip edges into hot water quickly, and butter at once. In making milk toast, wet the utensil to be used in cold water, as this will prevent burning.

CAKE-MAKING.

Neatness in every department is a necessity for the comfort of the family; but lack of neatness in the kitchen is an abomination. In every process of cookery and, especially in bread and cake making, everything must be scrupulously clean from the cook to the smallest utensil used in mixing or baking.

The first step is to gather all necessary materials together. Weigh and measure all materials. Sift flour and sugar before measuring. If flour is moist spread it out on a sheet of tin and dry it by a moderate heat, before sifting. Beat white and yolks of eggs separately in a china bowl, the whites until they can be cut like butter, and the yolks till they cease to froth and begin to thicken like custard. Not a drop of yolk must mix with white or it will prevent its working stiff and dry. Never beat in tin, always in china ware, and in a cool room. If weather is hot, set dish on ice or cool eggs in cold water. If whites do not readily stiffen, or incline to curdle, add a pinch of salt and sugar for each egg used. Both yolks and whites must be used promptly after beating, as they fall and lose their frothiness, by standing. Eggs must be fresh. The size called for by recipes is two ounces each. If less, more in number must be used. The eggs of Plymouth Rocks, Brahmas and other pure-bred fowls, with rough, chalky shells and a pinkish or pale brown hue, are richer and have yolks of a light orange color. If a yolk is found to have a pale, greenish tint, it is unfit for use. To test the quality before breaking, hold in closed hand to the light, and look through it endwise at the sun or a bright light. If yolk can be seen round

and unbroken, the egg is sound and fresh. Another test is to lay it in water; if the egg floats, it is not good. Rinse bowl used in beating yolks with a part of the milk, and remember this in all cases, when yolks and milk are used.

The *flavor* of cream and milk is another important point. This depends on the food of the cow and cleanliness in milking and handling. Certain foods, turnips and onions, for instance, always impart unpleasant flavors. Taste cream or milk before using.

The sugar must also be pure, and much of it is now adulterated. To test, dissolve a teaspoonful in a glass of water; if water becomes milky or cloudy, the sugar is impure. A bluish tint in sugar indicates adulteration. Use pulverized sugar for all delicate cakes; for rich cakes, best quality granulated, and best brown sugar for dark cakes. Fine granulated and coffee A are best and most economical. Butter, when worked with sugar should be gently warmed. Sift the finely pulverized sugar into a china bowl, cut the warm butter into it in small pieces, beat with large silver spoon or wooden paddle, until it is smooth as cream and very light. This is called "*creaming*" the butter and sugar. If very salt, butter should be freshened a little before using. When all ingredients are mixed, beat vigorously for a long time, so that it may go into oven as light as possible. This applies only, of course, to cakes made without yeast.

To test salt, dissolve a tablespoonful in a glass of water; the impurities, if any, will fall to the bottom.

Test baking powder in the same way. If pure, there will be no sediment.

It is best to buy aniseed, allspice, caraway, cardamon, cloves, coriander, ginger, nutmeg and mace, in their natural state, as those put up are usually adulterated with worthless and often injurious substances. Round nutmegs are better than oblong. They should show oil if pricked with a pin. Grind all spices in a coffee mill and sift through a fine sieve before using.

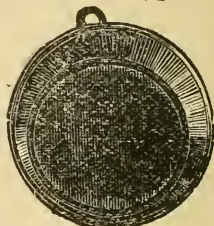
Large walnuts and hickory nuts are best, provided shells are bright and thin.

The best orange marmalade comes from Florida and must be free from crystals and a burnt taste.

Rose and orange waters are kept by all druggists, but recipes are given hereafter.

Swamp huckleberries are best. They are large, rich and fresh, mild in flavor, and have few seeds.

The cake tins should be prepared before the cake. Grease with fresh, sweet lard, lining the bottom with paper, using six or eight thicknesses if cake is large, greasing the top one well. If oven bakes more rapidly at top and sides, use less paper at bottom and one or two thicknesses at sides. Cakes that have no shortening in their composition, should be baked on clean manilla instead of buttered paper. Sift a part of the measured flour with the baking powder or soda and cream tartar through hand-sieve (which should be among the utensils of every housekeeper), and mix thoroughly with the rest of the flour. In using new flour for either bread or cake-making, it can be "ripened" for use by placing the quantity intended for baking in the hot sun for a few hours, or before the kitchen fire.



Sieve.

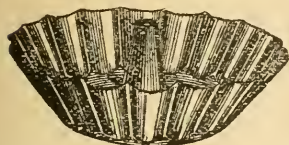
In using milk, note this: that sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake; remembering that with sour milk soda alone is used, while with sweet milk baking powder or soda and cream tartar are to be added. Having made everything ready, add milk slowly in small quantities to the creamed butter and sugar, next yolk of egg, then part of flour, then a part of the whites and so on until all the material is used, adding flavoring last. Some first stir milk and flavoring into creamed butter and sugar, then yolks, whites and flour, first mixing with two-thirds of the latter the baking powder, and adding the remainder to stiffen the dough. Success depends largely on beating a cake. The batter should be brought up from bottom at every stroke, forcing air into dough instead of out of it. A wooden paddle is best to beat cake, an iron spoon should never be used. Imperfect mixing, too rapid baking, or unsteady heat, will cause streaks in cake. It is safest to bake a small cake first; if the little cake is hard add a little milk; if it falls in the middle and is crumbly, add more flour. Powdered sugar may be sifted over any cake while warm, from a spice-box with perforated top. Grate only the yellow part of orange or lemon peel, the white portion is bitter. Soda and cream tartar and baking powder may be used interchangeably in recipes by using a quantity of the latter equal to both the former. In recipes milk always means sweet milk, and the cup is a tea-cup or two gills.

Sour milk may be used instead of sweet by adding one level teaspoon soda to each pint. For one quart of flour use two heaping teaspoons baking powder or one each of soda and cream-tartar.

To blanch almonds, drop into boiling water, boil a few minutes, then drop into cold water. Slip off skins and dry in open air. If dried in oven the oil disappears. Prepare a day before using in cake. To keep fruit, wedding and black cakes, wrap in waxed paper; or better, in tin-foil; or wrap in a towel wet in alcohol; re-wet once a week, and keep in a cool place.

In making chocolate loaf cake, it is more economical to make white sponge or delicate cake at the same time, using yolks for former and whites for latter. When cut and heaped together on the same dish, the contrast is attractive. To make an economical marble cake,

any ordinary cake recipe will do, using whites of eggs and white sugar with lemon flavoring for the light part, and the yolks, brown sugar and spices, or grated chocolate for the dark, taking for each part half the quantity given in the recipe. Layer cake may be varied in the same way, alternat-



Fluted Cake Pan.

ing dark and light layers when putting together; or, stir fruit into one or two layers. *Clarified Butter* is much better than either lard or butter for greasing cake pans, and is prepared by putting butter over the fire in a porcelain bowl or farina boiler until the white cheesy grains have formed in it. Then set to one side, skim off all that rises to the top, settle and strain and bottle for future use. It will keep for years, and should be always at hand, as besides its superiority for the purpose named above, it is especially prized for frying oysters, croquettes, fritters, etc. If the butter is stale or rancid, after skimming it put in one or more slices of toasted bread, which will absorb the offensive taste or odor in a few minutes. Fruit cake may be made without brandy or wine, by using a gill of double cream or cup of molasses instead of wine glass of liquor and the difference in the cake is not apparent. Never wash raisins, as they absorb moisture, and tend to make the cake heavy. Place them in a coarse towel and rub as clean as possible and then pick over, carefully removing all stems and defective fruit. Prepare them before making cake, sprinkle with flour and add the last thing before putting cake in oven. If added before this, their weight carries them to

the bottom of the cake. To remove seeds, clip with scissors or a sharp knife. For light fruit cake, seeding is all that is necessary, and when chopped, take care not to make them too fine. Citron should be sliced thin and cut in rather small pieces. Wash currants in warm water, rub well, pour off water, and repeat until water is clear, drain in a sieve. Spread on a cloth and rub dry, pick over carefully, dry in a cool oven or heater, or in the sun out of doors, covered with gauze. When fruit is mixed, cream butter and sugar, add spice, molasses, cream or liquors, then milk (if any is called for) then eggs, well-beaten, adding whites with the flour. Always beat whites and yolks separately, add flour (which is often browned for black fruit cake) with which baking powder or soda and cream tartar has been mixed, then flavoring, (lemon and vanilla, equal parts are favorites) last fruit dredged with a little flour (some mix the fruit with all the flour.) If but little fruit is used drop into dough when placed in pan and push just beneath the surface. Fruit cake requires quite a stiff batter.

This handled strainer is made in several sizes and is not only a convenience in cake making for straining yolks, etc., but is also very useful for straining drinks for nursery and sick room, yeast, blanc mange, gravies, custards, syrups, jellies, and for sifting sugar upon fruit, cakes and pies, and sifting salt into butter, excluding all lumps. The strainer may be placed over a tumbler or bowl, resting on the knob on one side and handle on the other.



Handled Strainer.

For a very large cake, which requires three or four hours to bake, fit three papers carefully, grease thoroughly, make thick paste of equal parts Graham and white flour and water enough to wet thoroughly, place one paper in pan, greased side down, pasting sides to pan in places to keep it from slipping down, and spread paste evenly inside of paper about an eighth of an inch thick, press the second paper carefully into place inside first and over the paste, greased side up. Then put in the third paper and pour on the cake batter. Earthen pans are good to bake cakes in as they heat slowly and the crust is less likely to burn. To use a pan without stem, fill a glass bottle with shot and place it in the middle of pan.



Plain Cake Pan.

A cap of brown paper, fitted nicely over the pan and with the corners so pinned up that it will not touch cake, should be put over all except layer cakes when first placed in oven, and allowed to remain fifteen to thirty minutes. Before baking, the stove should be cleaned out so that all corners of flues will be free from ashes, and the best of fuel should be ready. Build a moderate fire and when ready add fuel so as to have it nicely burning when cake goes into oven. Ovens are oftener too hot than too cool at the beginning, but if there is not heat enough the cake will be ruined. A moderate oven is needed for fruit cake and it requires three to four hours to bake an ordinary loaf. A cake should rise and begin to bake before browning much on the surface. Large cakes require about the same heat as bread. Layer cakes must bake quickly and the oven must be hot. To prepare oven, fill stove with hardwood, let it burn until stove is well heated, turn damper so as to throw heat under oven for ten minutes so as to thoroughly warm it before cake is put in. Put cake in, close hearth and add wood in small quantities to keep up heat. More heat is needed at the bottom of the oven than at the top, and in some stoves the dampers need frequent changing, but as ovens differ, one must study the stove and learn by observation and experience how to judge and regulate the heat.

Do not open oven door until cake has had time to harden, and then open only when necessary and close quickly and gently as jarring cake before it has hardened injures it. When necessary to open oven door, be sure no draft from open doors or windows can strike it. If one side bakes faster than the other turn gently. Test thoroughly and be sure that it is done before removing from oven. In a quick oven it will require to bake about thirty minutes for each inch of thickness in cake. Test by inserting a splint from broom or a knitting needle. If it comes out free from dough the cake is done. When done set cake, still in pan on an inverted sieve to cool. This gives air all around it and cools it evenly.

The patent pan with perforated cover, illustrated, is highly recommended for baking cakes. Cakes in fancy forms are baked in molds, the Turk's-Head mold being most commonly used. When baking in a brick oven the mold is used with a cover, but in a stove oven the cover is removed and a stem placed inside, but can be used without

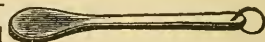


Patent Pan.

stem. If mold when inverted has not sufficient base (most molds are more or less conical) to stand in oven, make a pasteboard box which will support it, as heat sufficient to bake any delicate or fruit cake will not burn the pasteboard. Many persons frost the bottom of cake instead of the top, as it presents a smooth surface.

Sponge cake must be quickly made and quickly baked. The yolks of eggs, the whites of which have been used for white cakes, may be kept for several days by beating thoroughly and setting in a cool place. In cutting a warm cake use a *warm* knife.

To prepare cocoanut for cake; cut a hole through meat in one end, let out milk, pound on all sides to loosen meat, crack, remove meat, place pieces in a cool oven or in heater to dry and then grate. Any part not used after grating may be sprinkled with sugar and spread out to dry in a cool place, and it will keep for some time. If dessicated, moisten with milk before using.



Cake Paddle.

For sifting, use sieves made of fine annealed wire coated with tin as they are more durable. The three grades most used are No. 40 for flour, 50 for sugar, and 60 for finely powdered sugar used in icing.

Brushes are of three grades: one an inch in diameter, like a painter's brush, for greasing pans and molds; one flat brush of fine hairs one and a half inches wide, for top-dressing cakes with glazing; and one a half inch wider for top-dressing with water.

In baking cakes the ordinary cake pans are generally used, but when they can be afforded molds are handsomer. The round mold



Cake Spoon.

for angel cake is of the shape called Turk's Head, *but not scalloped*; it must be smooth all around, and the tube in the centre must be at least one inch higher than the rim of the mold. The best size for this use is nine and a half inches across the bottom, 12 inches across the top and five inches deep. Another is the scalloped or fluted Turk's Head, of the same size and shape as the above, for loaf, pound, sponge, Sunshine, and many other cakes intended to be served in slices. Two or three ordinary bread pans, both round and square, with sloping sides, and as many with straight sides for wedding and fruit cakes will be wanted, with at least four round jelly-cake pans, for baking thin layers of cake. Two or three dozens of small patty pans, round and scalloped, for tea cakes, plunkets, ginger cakes and the like are necessary, and

lastly two sheets of heavy Russia iron, a little smaller in size than oven for the baking of macaroons, lady fingers, jumbles, and many other of the thinner sort of cakes. In case recipes call for weights when it is desired to use measures, reference should be made to the table of weights and measures, where the equivalent of each is given. Any icing may be used, but Duplex, French and Cape May are recommended. For definition of the term cream, double-cream, etc., see preface to Creams and Custards. To cut warm cake take a broad, thin and *very* sharp knife, using a sawing motion, to avoid crushing it.



In order to clean a coffee mill after using it for spices, run through it some of the sugar to be used in cake. Graters for nutmeg should be fine; for lemon and orange peel, medium: and for cocoanut, coarse.

Lemon Juice.—Grate rind from lemon, cut in two and press through squeezer, to juice add grated rind and let stand fifty minutes; rub with back of spoon and press through strainer. Prepare *Orange Juice* in same way, using an orange instead of a lemon.

Rose-Water.—Add two drops Kissanlik Otto of Rose and half salt spoon of Carbonate of Magnesia Soda, pint of pure filtered soft water and pass through filter paper. For *Orange Water* use two drops of Oil of Neroly Bigarade instead of Rose.

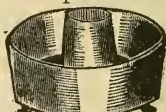
Vanilla Sugar.—Pound in a mortar pint and a third best pulverized sugar and an ounce of finely cut Mexican Vanilla bean to a *fine* powder, sift, pound what is left in sieve and sift again, repeat till all is sifted; bottle and cork.

Alpha Cake.—Cream together a cup of butter and two and a half cups sugar; add one cup sweet milk, yolks of five eggs, half cake of Bakers Chocolate, melted by placing in a dish over boiling water, two teaspoons baking powder sifted with two heaping cups flour, the beaten whites of the eggs and flavor with vanilla; bake in layers and put together with icing. Some add a pinch of cinnamon.

Almond Cake.—Blanch and pound to a paste three ounces sweet and one ounce bitter almonds, shelled. To one pint pulverized sugar gradually add yolks of twenty-four eggs and stir until light, then add the almond pulp, the juice and grated rind one lemon, a pinch mace, and beat until it thickens. Beat whites *six* eggs to a firm froth, adding by pinches a tablespoon pulverized sugar and stir it in, one-third at a time with the above mixture. Lastly add

four ounces flour well sifted with one ounce corn starch. Mix well, pour into round pans two inches thick, if it is to be iced, or into square pans one inch thick if intended for slicing, bake in moderate oven and turn out at once.

Angel Cake.—Whites twelve eggs, one and one-half tumblers sifted powdered sugar, one tumbler sifted flour, one teaspoon each vanilla and cream tartar. The tumblers for measuring should hold two and one-fourth gills. Beat eggs in a bowl to as fine a froth as possible and add one-half tumbler sifted sugar, gradually beating in two tablespoons at a time, and stir into this mixture the teaspoon vanilla; sift the cream tartar with the flour, then sift flour and remaining tumbler sugar together four times, and put with the first mixture with as little stirring as will mix and combine them thoroughly and smoothly. The dough should be very light and feathery. Test the oven by laying in it a piece of white paper, which should brown, not char, in ten minutes. A pan made expressly for this purpose should be used, and can be ordered of any tinner. It should be about eight inches in diameter, three inches deep, with a funnel in the center two inches in diameter at the bottom tapering to an inch and a half at top, and be provided with legs half an inch high. May be smooth or fluted edges as preferred. Do not grease the pan, but line it with clean manilla paper kept for the purpose. Bake forty minutes and do not open the oven for the first fifteen. It should rise to the top of the pan but may shrink a little. When done turn the pan upside down and let stand one hour, when if it does not drop out readily the edges may be carefully loosened with a knife. Ice the *bottom* with transparent glaze made as follows: Take one and one-half cups sifted powdered sugar, whites two eggs that have not been beaten, and as much cold water as eggs; stir very hard with a whisk or egg beater until perfectly smooth; now add three-fourths cup of confectioner's sugar known as "XXX," and enough water to bring it to a smooth paste free from lumps, adding the sugar a little at a time and stirring constantly. Ice cake smoothly with this and set in a real hot oven for a second or two to harden. If preferred use boiled icing. Any cake pan *may* be used, but it should be placed on a pie tin while baking. It is well to cover with the paper cap, heretofore described, while baking.



Angel Cake Pan.

Apple Cake.—Soak two cups dried apples over night, in the morning drain and chop fine in chopping bowl; add one cup molasses and let it boil slowly on back of stove three or four hours; let it cool and add one and a half cups brown sugar, one cup butter, half cup sour milk, one teaspoon each cloves, allspice and cinnamon, one teaspoon soda, three eggs, three and one-half cups flour; bake in two square tins, or one five-quart basin; if baked in latter, bake slowly two hours. Very nice and will keep six months.

Angel Cake.—Mix a scant pint flour, one ounce of corn-starch, one pint pulverized sugar, one heaping teaspoon cream tartar; sift five times. Whip whites of fifteen eggs, adding by pinches half a tablespoon pulverized sugar until stiff and smooth. Stir all lightly and smoothly together, using a wire egg whip for stirring. Bake in the Turk's Head mould in a moderate oven about twenty-five minutes; take out, invert mould and let stand on tube to cool. To remove, pass sharp knife around it and it will drop out. Frost with vanilla or almond icing. The yolks of the eggs may be used for any cakes, the recipes of which call for yolks.



Angel Cake Pan.

Black Cake.—Cream heaping pint pulverized sugar and pint butter; add beaten yolks of two eggs, three-quarters pint sour milk, half gill sour cream and quart and a half browned flour in small quantities, tablespoon rose-water; teaspoon each cinnamon, allspice and cloves, one grated nutmeg, level teaspoon soda dissolved in a little water, and lastly half pound each raisins (seeded) and currants and quarter pound citron. Bake in a moderate oven.

Bannocks.—Cream one pint butter with one and one-half pints brown sugar, add six eggs whipped to a cream, one teaspoon ginger, one and one-fourth pounds white Indian meal and same of flour. Bake in small cakes in cups or gem pans and leave in them until cold.



Gem Pans.

Black Cake.—One pound each butter and sugar, one gill double cream, one-half pint brandy, one pound, two ounces flour, two pounds zante currants, washed and picked, two pounds raisins, seeded and chopped, two pounds sultanas, washed, picked and dried, one and one-half pounds citron, cut into long, thin strips, two tablespoons cinnamon, two grated nutmegs, one teaspoon mace, one tablespoon each powdered cloves, powdered allspice and orange flower water. Rub butter and sugar together until smooth; whip whites sixteen eggs to stiff froth and stir them into the cream, one-third at a time, working until smooth; mix flour with fruits and spices until all are evenly diffused and stir all together, adding the orange water last. Beat the whole very lively, pour into long, square pans lined with buttered paper, smooth over with wet knife blade, and bake in moderate oven three hours. If too hot at bottom put several folds of paper in bottom of pans, or cover with paper if too hot at top. Do not turn out until cold. Rub with flour, wipe with cloth, ice with white icing and finish with chocolate icing. Will keep for a year or more. If to be eaten within a week or two no brandy is needed. When properly and carefully made, one of the richest and best.



Bride Cake Pan.

Bread Cake.—When making wheat bread, and the dough is light, and ready for the oven, take out enough for a large loaf, mix

with it a teacupful of powdered sugar, and the same of butter that has been mixed smoothly with a teacup warm milk. Add one beaten egg, knead well, put into a square pan, dusted with flour, cover and set in warm place to rise. When light bake in a moderate oven, and wrap immediately in a thick cloth. It is best when fresh. Or for a richer cake, to two pounds of bread dough as above, add three ounces each of butter and sugar creamed together, two beaten eggs and half gill rosewater. Knead until smooth. Last add half a grated lemon rind and two ounces currants; pour into greased pan an inch and a half deep, top dress with roll glaze. Take an ounce each of sugar, butter and flour, and a teaspoon of cinnamon, rub together with bread crumbs, sprinkle over top, let rise, and when light bake in a moderate oven.

Cake Sponge.—Stir gradually and lightly into a pint of blood-warm water enough flour to make a soft smooth batter—about a pint and a half will be needed—and mix well with it three gills of fresh yeast. Cover, and set in a warm place to rise over night. It should be very light and ready to use next morning. When a sponge is used in making Bread, Cakes, etc., this is very nice.

Carolina Cake. (Without eggs.)—Rub two large tablespoons butter into one coffee-cup powdered sugar, add one-half cup sweet cream, one-half teaspoon soda, one and one-half cups flour; bake quickly in small tins or gem pans, and send to table warm.

Charlotte Cachee Cake.—Cut a thick loaf of sponge or other plain cake into five or six slices horizontally of uniform width. Spread each slice with jelly, using first tart and then sweet jelly, if you have both, fit them together again in the loaf and ice all over with the whipped whites of five eggs and enough powdered sugar to make a stiff icing adding the juice of one lemon. Set in slow oven for a few minutes to harden. A quick and easy way to prepare a fancy cake for tea when company appears unexpectedly.

Chocolate Cake.—Cream one pint pulverized sugar with one-third pint butter; to this add four well-beaten eggs, a thick paste of nine tablespoons grated chocolate mixed with twelve of boiling water; mix well, then add half pint milk, pint and a half flour and three teaspoons baking powder and mix lightly and bake. For a *Chocolate Layer Cake*, bake in layers and spread with a cream made by mixing together a scant gill sugar, one beaten egg, one pinch cinnamon, and one tablespoon paste made as above and adding yolks of one or two eggs and a half tablespoon of corn starch; when smooth stir into half pint of milk and cook in custard kettle. When cold stir in the well-beaten whites and spread as directed. A pinch of cinnamon may also be added to the batter for either cake.

Christmas Cake.—Cream one and a half pints butter and two pints sugar; beat into it four eggs previously whipped to a froth, and mix into it three pounds of currants, picked, washed and

dried, one-fourth pound chopped citron, one grated nutmeg, a tablespoon of salt and five teaspoons baking powder. Mix thoroughly with the creamed butter, sugar and eggs, beating until smooth, put into pans and bake in a moderate oven about two hours.

Citron Cake.—One cup butter, two of sugar, three of flour, four eggs, one cup milk, one teaspoon soda, two of cream tartar, and pinch salt. After the above has been put in the pan, cut the citron thin and put into the cake endways, pushing down until the batter covers it. This will prevent the citron falling to the bottom.

Cocoanut Cake.—Cream one and one third pints sugar and half pint butter, and beat into the cream four eggs previously whipped to a light cream. Soak two pints grated and dried cocoanut in pint milk until soft, add three teaspoons baking powder, and stir into above, beating thoroughly for some time. Now work in two quarts flour and bake in a quick oven in Turk's Head molds. Make an icing by beating together four whites of egg, three-fourths pint sugar, and two teaspoons extract of lemon and put on cake while warm, sprinkling with grated cocoanut while cooling. A delicious cake. The grated rind of one lemon may be added with cocoanut. This makes two large cakes.

Coffee Cake.—Cream one-half pint butter and a half pint of sugar, warm a half pint of molasses and beat all together with one teaspoon each of ground cinnamon, mace and ginger, and one-half teaspoon each ground cloves and allspice, until very light. Then add the yolks of two eggs, well beaten, and half a pint of strong coffee, made the same as for the table, mixing all thoroughly. Beat in alternately the well beaten whites of the eggs and two and a half pints of flour, a part of eggs and flour at a time. Last add three teaspoons baking powder, one pound of raisins, stoned and cut in half, one half pound of currants, picked, washed and dried, and one-fourth pound chopped citron, having first dredged the fruit in a part of the flour. Mix the whole mass with the hand, beat briskly a few minutes and bake in a slow oven about an hour. Keep well covered after removing from oven and eat while fresh.

Composition Cake.—Having creamed one and two-thirds pints of sugar and one-half pound of butter, take one pint of milk and one-half pound of flour, and add one-third of each at a time, stirring well together. Stir in four well beaten eggs in the same manner with one and one-fourth pints more flour (saving a little with which to mix baking powder.) Beat thoroughly, dredge three-fourths pound raisins, seeded and chopped and three-fourths pound currants, picked, washed and dried, with flour, mix well, add one-half at a time, with three teaspoons baking powder and one grated nutmeg, beating well; put into pans, smooth top with a wet knife blade and bake in a moderate oven. This is an old fashioned cake which is always a favorite.

Corn Starch Cake.—Cream one and one-third pints of sugar and one-half pint of butter; beat whites and yolks of three eggs separately mix and beat again until thick and work them into creamed butter and sugar, stir in a half pint of milk and add a teaspoon soda dissolved in a little hot water. Now mix a pint of flour, one-third pint of corn starch and two teaspoons cream tartar, sift twice, beat all together with the above, bake and eat the same day. It is very nice baked in patty pans and served with ice cream.

Delicate Cake.—Cream one pint sugar and one-fourth pint butter, beat into it well beaten whites of six eggs and one gill of milk, stirring well. Sift in one pint of flour which has previously been well mixed with one-fourth pound of corn starch and two teaspoons baking powder. Stir quickly till smooth and bake in steady oven.

Delicate Cake.—Cream one-half pound butter with one pound powdered sugar, add whites sixteen eggs beaten stiff, half a nutmeg grated, and one teaspoon rose-water. Stir well together and add gradually one pound sifted flour. Bake at once in moderate oven.

Eggless Cake.—One cup sugar, half cup butter, half cup sweet milk, two cups flour, one teaspoon cream tartar, half teaspoon soda.

Everlasting Cake.—Cream two-thirds pint pulverized sugar, half pint butter; add well beaten yolks of three eggs, gill milk, tablespoon rose water and one and a quarter quarts flour. Some add two teaspoons baking powder.

Favorite Cake.—Beat well together for one hour a half pint each of ground rice and flour, twelve eggs, a pint sugar and an ounce caraway seed. This is an old and favorite recipe and makes a very light cake easily digested.

Feather Cake.—One cup white sugar, one teaspoon melted butter, one egg, two-thirds cup milk, two cups sifted flour, two teaspoons cream tartar and one of soda sifted in flour. Flavor with lemon. Delicious and cheap.

Fig Cake.—Two cups sugar, one small cup butter, one cup sweet milk, three and one-half cups flour, whites eight eggs beaten stiff, two teaspoons baking powder, one pound figs, split; put in a layer of batter and then one of figs, and so on until all is used.

Huckleberry Cake.—One cup butter, two cups sugar, three cups flour, five eggs, one cup sweet milk, one teaspoon soda, dissolved in hot water, one teaspoon each of nutmeg and cinnamon, one quart berries, dredged well with flour. Stir them in carefully. Bake in loaf. Best day after made.

Marbled Fig Cake.—Light part, one cup sugar, one-third cup butter, one-third cup sweet milk, four eggs, whites only, one and one-half teaspoons baking powder, one and one-half cups flour. Dark part: one-half cup brown sugar, one-third cup butter, one

third cup milk, one teaspoon baking powder, one cup flour, four egg yolks and one whole egg, one teaspoon allspice, one teaspoon cinnamon, one pound figs sliced; put in a layer of the dark with the figs on top, then a layer of the light, in a deep cake pan, and so on till all is used.

Fruit Cake.—Cream together one and one-third pints of sugar and three-fourths of a pint of butter; add yolks of seven eggs beaten till thick, one gill of cream, one teaspoon grated nutmeg, a tablespoon ground cinnamon, and the whites of eggs and one quart of flour, alternating whites with flour, one-half each time, beating steadily until thoroughly mixed. Dredge with flour one-half pound of raisins, seeded and halved, one-half pound of currants, picked, washed and dried, and one-fourth pound chopped citron. Stir lightly into batter, and bake in moderate oven. Ice or serve plain.

German Fruit Cake.—Sift one pound flour into pan in a heap and make hole in the top; in this put half teaspoon salt, one teaspoon cinnamon, twelve ounces butter, and two ounces pulverized sugar. Mix and add yolks of eight eggs and a little cold water, leaving it a stiff dough; wrap it in a clean cloth, and set in a cool place for an hour. In the summer it ought to be put on ice. This can be used for a variety of layer cakes. Roll out some of the dough about a quarter of an inch thick, cut it round and put it on piece white paper cut to fit; cut a strip of dough an inch wide, and stand it up around the edge, and take a strip of white paper and paste it around the cake and to the paper under it so as to keep it in shape. Into this dish of dough put enough apricot marmalade to cover the bottom, over this put a layer of dough, cut in little biscuits, then a layer of preserved cherries, then another layer of little biscuits. Chop two ounces beef's marrow fine, and cover over the top, put it on a tin carefully and set in a slow oven. While this is baking mix yolks of six eggs, four ounces sugar, one-half quart thick cream, and a cup cherry juice, and put over cake when half baked. When it is well settled put back in the oven again and let remain till done. Turn on large plate and serve while warm.

Hub Fruit Cake.—Cream a half pound each butter and sugar, add a half teaspoon each of cinnamon and nutmeg, next add one gill double cream, two ounces flour. Mix till smooth, add four eggs beaten together, four ounces of flour, half pound each currants and raisins (the latter seeded and chopped) a quarter pound sliced citron, and two ounces chopped candied orange peel. Pour into prepared pan or mold and bake in a moderate oven.

Pepper Fruit Cake.—Yolks seven eggs, two cups brown sugar, one cup each molasses, butter and sour cream, one teaspoon each soda and pepper, one teaspoon each cinnamon, allspice and cloves, one quart flour, one pound raisins, half pound currants, fourth pound citron, wine glass brandy. See directions for preparing fruit in cake preface.

Pound Fruit Cake.—One pound each flour, brown sugar, citron, raisins, currants, candied fruits (figs and dates) mixed nuts, (shelled), butter, twelve eggs, one teaspoon each ground cloves and cinnamon, one pint best brandy, one cup molasses. Brown the flour, chop nuts slightly and add whites of eggs, beaten separately, last. Bake four to five hours in a slow oven.

Hickory Nut Cake.—Cream one pint pulverized sugar and gill butter; add beaten yolks three eggs, half pint milk, pint flour, well beaten whites, two teaspoons baking powder sifted with half pint flour and then half pint finely cut kernels. Walnuts or any nuts may be used.

Cream Loaf Cake.—Cream a half pint of butter and a pint of sugar, stir into it the well-beaten whites of eight eggs, then the well beaten yolks, one-half pint double cream, three pints of flour, one-half a grated nutmeg, one-half a teaspoon each of powdered mace and cinnamon, and a tablespoon of rose-water, beat thoroughly, bringing dough up from bottom at every stroke, until light and smooth. Dredge with flour, a half pound of seeded and halved raisins, a fourth pound each of picked, washed and dried sultanas and zante currants. Mix the dredged fruit well with one-half a pint of double cream, stir it well and place at once in pans lined with buttered paper, and bake in a quick oven.

New England Loaf Cake.—The materials for this famous cake may all be collected the day before. Stone two pounds raisins and pick, wash and dry two pounds currants and one-half pound of sliced citron, dredge with flour and stir until completely coated. In the morning cut into bits one pint of butter, and rub into it three quarts of flour and one and a third pints sugar. Wet mixture with a pint of milk, add three well beaten eggs and half a pint of fresh soft yeast. Stir and mix thoroughly and set to rise until evening. When risen add pint more of butter, one and one-third of sugar, three well-beaten eggs, mix well and set to rise again over night. In the morning add gradually the fruit with four grated nutmegs and one-fourth ounce powdered mace, stir and mix all well and set for the third time to rise for two to three hours. When light, butter a large dripping pan, pour in batter and place in a very hot oven which must be allowed to gradually cool so as to bake three or four hours. This cake will keep three or four days if well covered. It is a very rich and delicious cake and repays well the care, labor and skill required in making it.

Orange Loaf Cake.—Grate rinds of two oranges, then press out juice with lemon squeezer and mix with rind, let stand three quarters of an hour, rub with back of spoon and strain; add two-thirds pint pulverized sugar and beat well. With this, cream half pint butter and add *well beaten* yolks of five eggs, alternately with a scant pint of flour, a little of each at a time; beat till *very, very*

light, then add well frothed whites, pour in a pan or mold and bake in a quick oven, covering with paper first fifteen minutes. When done ice with orange icing. This cake is at its prime the day it is baked. Use lemons instead of oranges for a delicious *Lemon Cake*.

Marble Cake.—Dark part: Yolks three eggs, one-half cup butter, one cup brown sugar, one tablespoon molasses, one-half cup sour milk, one teaspoon soda, one and one-third cups flour, spices to taste and one cup raisins and currants, or leave out spices and fruit and use three tablespoons grated chocolate. Light part: whites three eggs, one-half cup corn starch, one cup white sugar, one-half cup each sweet milk and butter, one cup flour, one teaspoon baking powder. Alternate the light and dark parts by spoonfuls or layers, or both, in tin before baking.

Moonlight Cake.—Cream half pint soft butter with two-thirds pint sugar; add gill milk and gently stir in well-beaten whites of nine eggs; mix thoroughly heaping pint flour, one-third pint corn starch and two teaspoons baking powder and sift twice; add to above, and when well mixed add two teaspoons vanilla sugar and half teaspoon extract of almond. The vanilla sugar may be omitted using double quantity extract.

Peanut Cake.—One-half cup butter, one and one-half cups milk, two and one-half cups flour, whites four eggs, one half teaspoon cream tartar, one-quarter teaspoon soda; just before putting into oven sprinkle over top one cup peanuts broken into pieces.



Fruit cake.

Plum Cake.—Cut one pound butter in small pieces and work into two and one-half pounds flour with half a nutmeg, grated, and two pounds currants, picked and washed. Add one pound sugar and six yolks eggs rubbed together, one-half pint each yeast and cream and work to a smooth batter. Pound one half pound shelled and blanched almonds with a little rose water to a paste and add with one-fourth pound citron.

Poor Man's Cake.—Three cups bread dough, two cups sugar, one of butter, two eggs, mix well, put in spice to taste, and fruit if preferred. Let rise and bake in brisk oven. Do not use any flour.

Pound Cake.—Pound each butter, sugar and flour, ten eggs beaten separately, and juice and grated rind of one lemon prepared as in *Lemon Sponge Cake*. For *Measured Pound Cake* take pint butter, one and one-third pint pulverized sugar and quart flour mixed with other ingredients as above,

Cocoanut Pound Cake.—Cream together one and one-third pints of sugar and one pint of butter, add one tablespoon orange-flower water and three of rose-water; beat in one-fourth pound of flour and work to a smooth paste. Add gradually the whites of nine eggs beaten to a stiff froth, and one pint flour, (one half at a time), stir-

ing constantly, then a pound grated cocoanut and one grated nutmeg. Work all well until smooth, line cake pans with buttered paper, pour in the batter, smooth with a knife dipped in cold water, and bake in a moderate oven. The juice or grated rind of a lemon may be added with the cocoanut. Ice while warm with same icing as given in recipe for Cocoanut Cake, flavored with almond instead of lemon.

Rice-Flour Cakes.—Beat together for ten minutes one and one-third pints pulverized sugar, one-half pint butter and yolks of four eggs; add a tablespoon orange flower water, and the juice and grated rind of one lemon, one pint each of flour and rice flour sifted together, and four whites of eggs well beaten, the flour and whites to be added alternately, one-third at a time. Beat well for half an hour, bake in patty pans and serve while fresh.

Snow Cake.—Beat one-half pound butter to a cream; stir in one-half pound granulated sugar and one pound arrowroot flour gradually, beating steadily; add whipped whites six eggs and beat well twenty minutes; flavor to taste with essence almond, vanilla or lemon. Bake in a moderate oven one to one and one-half hours.

Spice Cake. (Without Eggs.)—One heaping cup sugar, one-half cup butter, one and one-half cups sour milk, one teaspoon each cinnamon, cloves and nutmeg, one cup fruit, one teaspoon soda; stir in flour until it will just drop from the spoon.

Spice Cake.—Three eggs, one cup butter, one cup brown sugar, four cups flour, two teaspoons baking powder, one cup each molasses and milk, one teaspoon each extract nutmeg, cinnamon and ground cloves.

Sponge Cake.—Beat to a cream four eggs and a large coffee-cup white sugar. Sift two teaspoons baking powder with two cups flour, stir this in carefully with sugar and eggs, then add two-thirds cup boiling water. Flavor to taste. Beat lightly together and bake in four-quart pan. The hot water makes it deliciously tender.

Almond Sponge Cake.—Blanch one ounce of sweet almonds and a half ounce bitter almonds, and grind to a paste in a mortar with two tablespoons of rose-water. To two-thirds of a pint of pulverized sugar, add yolks of three eggs, stir to a cream, add gradually the yolks of three more eggs, beat all until thick and smooth and add almond paste. Beat the whites of six eggs, adding gradually a half-tablespoon of pulverized sugar. Now add whites of the eggs, one-half at first, stirring gently before adding the other half, lastly add a scant pint flour and beat until very light. Bake in a moderate oven. For a plain *Sponge Cake*, omit the almonds and use only one tablespoon rose-water. Some beat yolks eighteen minutes then add part of the sugar and the tablespoon rose-water making a smooth thick batter. Have a second person beating the whites, when partially frothed, add the rest of sugar and beat till very stiff; add al-

ternately to the yolk batter, the whites and flour, a little of each at a time, and stir very gently, simply mixing them. Bake in a moderate oven, sprinkling first with sugar if wished. For *Lemon Sponge Cake* use grated rind and juice of one large or two small lemons, mixing them and letting stand three-quarters of an hour, then straining, and mixing with the sugar before adding to yolks. For *Orange Sponge Cake*, take oranges instead of lemons, and for *Vanilla Sponge Cake*, take two teaspoons Vanilla Sugar.

Cocoanut Sponge Cake.—Beat and strain the yolks of six eggs and rub with a pint of sugar to a cream, add one cocoanut grated, a saltspoon of salt the juice of half a lemon, whip the whites of the eggs with a little powdered sugar to a froth, stir into above mixture, beat in lightly a pint of flour, stirring only enough to mix well, and bake, putting a paper cover or a piece of paper over the pan for the first twenty minutes.

Philadelphia Sponge Cake.—Weigh ingredients and prepare baking pans, then pour one gill boiling water on three-quarters pound sugar in a bowl; stir it, cover and let stand on table until yolks of six eggs are beaten, add the grated rind of half a lemon to the eggs; froth whites and pour yolks on them, beat thoroughly together, then add the syrup (sugar and water) and beat ten minutes, or till thick, sift in half pound flour, mixing very gently with a knife, add juice of half a lemon, pour in pans and bake from twenty to thirty minutes. The syrup is sometimes left on the range, and when boiling is poured into the eggs which are then beaten until cold. The eggs thicken more quickly in this way, and the cake is excellent, but perhaps not quite as moist as that made with cold syrup. This cake has the advantage of keeping longer than ordinary sponge cake.

White Sponge Cake.—Sift together one cup of powdered sugar, one-half cup each flour and corn-starch, one teaspoon baking powder. Have ready the whites of eight eggs beaten to a stiff froth and one tablespoon rose extract, mix thoroughly and bake in square tins about two inches deep in quick oven. Serve cut in small squares.

Sunshine Cake.—Cream scant pint pulverized sugar, scant half pint butter, add well beaten yolks of eight eggs, a little at a time, gill each milk and cream, juice and grated rind of one lemon prepared as directed, pint and a half flour, half pint rice flour, three teaspoons baking powder (well mixed) and beat very thoroughly.

Velvet Cake.—Cream one and one-third pints pulverized sugar and half pint butter, add well beaten yolks of six eggs, one gill double cream, a paste made by blanching and pounding fine half gill shelled bitter almonds, and gradually one quart flour and two teaspoons baking powder. Bake in a moderate oven.

Washington Cake.—Cream pint pulverized sugar and three-quarters pint butter, add well beaten yolks of ten eggs half pint double cream, tablespoon rose water, juice and grated rind of lemon,

White Cake.—Cream one and a third pints sugar and half pint butter, add half pint milk and well *frothed* whites of eight eggs, quart flour mixed with one-third pint corn starch and three teaspoons baking powder, and last the juice and grated rind of two small lemons. Bake in a quick oven. For a *White Fruit Cake*, omit corn starch and add to above half pound each raisins, figs, dates and blanched almonds, chopped and flavored and half pound finely-sliced citron. Either of the above make delicious layer cakes, putting together with French icing.

Yellow Cake.—Cream pint pulverized sugar and gill butter, add well beaten yolks of eight eggs, half nutmeg, grated, half pint sour cream with level teaspoon soda dissolved in it, and three-quarters of a quart flour with teaspoon of cream tartar sifted with it. This is the old-time *Gold Cake*, and using whites of eggs instead of yolks and half teaspoon each of lemon and almond extract in place of nutmeg makes a *Silver Cake*.

Yule Cake.—Cream two and one-half cups butter and three cups sugar; add ten beaten eggs, four cups flour with two teaspoons baking powder, four cups currants, two-thirds cup chopped citron, one teaspoon grated nutmeg, and quarter teaspoon powdered cloves. Bake in a well-greased, paper-lined tin, in a moderate oven two and one-half hours; or bake in patty pans and frost with chocolate icing.

Zephyr Cake.—Wash the salt out of nearly a quarter pound butter; add a quarter pound powdered sugar and three well-beaten eggs a teaspoon rose water, and sifted flour enough to make a thin batter; stir with a wooden spoon till batter is perfectly smooth and so light that it will break when it falls against the side of the mixing crock; fill well-buttered patty pans nearly half full with batter, and bake.

Duplex Charlotte.—Cream two-thirds of a pint sugar, and gill butter, add four eggs, yolks and whites beaten separately, half pint double cream, pint flour, teaspoon baking powder and two-thirds pint arrow-root sifted together and bake in jelly pans. Mix heaping tablespoon corn-starch smooth in a little cold milk and stir it gradually into pint cream or rich milk in custard kettle; add well-beaten yolks of six eggs and when thickened, pour into three separate pans. To one add six tablespoons grated chocolate, half pound macaroons, tablespoon each pulverized and vanilla sugar and cook fifteen minutes, take off fire, beat a few moments and let cool. To the second pan add Almond paste as above, quarter pound finely-chopped citron, three tablespoons sugar and teaspoon almond extract. Cook as the chocolate, and to the third pan add third of a pound glazed fruit, apricots or any kind wished, finely chopped, and cook same. Take four whites of eggs and make a white cake by taking half ingredients used in first layers baked. Then build with alternate layers of cake and different custard on each layer icing top layer and sides with an icing, either plain or boiled, made of remaining whites.

Zufolos.—Sift together tea-cup powdered sugar, rounded coffee-cup flour and teaspoon cream tartar, add to the *well-frothed* whites of eight eggs and stir without beating till well mixed. Fill meringue bag and press out in finger shapes or in drops, or bake in lady-finger pan as described or in patty pans. The white fingers are nice for charlotte-russe; or make a batter of three eggs, one and a half cups sugar, two of flour, half cup water, teaspoon cream tartar and half of soda, bake in fancy-shaped patty pans and ice with chocolate icing, either plain, boiled or caramel; or cut any kind of plain cake into small squares, cut small piece from center of each square, and fill cavity with some kind of marmalade or jelly, replace part that was removed, and cover with icing. The small sponge cakes may be iced with white icing and when cold “marked in gold” by dipping a *very small* bristle brush in the yolk of an egg and writing a word or name upon them.

Layer Cakes.

In making layer cake batter follow directions given in cake preface, always remembering to sift the flour before measuring. In baking it is important to thoroughly grease the tins—to make it emphatic we will say, thoroughly grease with lard or American cooking oil, and then grease again (it is not always necessary to line tins for layer cakes with paper)—and after using rub off with a coarse towel, taking care that they are perfectly free from all particles of cake, grease and fill again, thus obviating the necessity of washing every time they are filled. A much hotter fire is required for layer than for loaf cakes; a good test for the oven is to put in a piece of white paper, which should be browned in one minute, when the oven is ready for the cake. If jelly is used to spread between the layers it is a good plan to beat it smoothly and spread it before the cakes are quite cool. In



Quart Measure.



Jelly Cake Tin.

“building,” an inverted jelly tin furnishes a perfectly level surface on which to lay and spread the cake, and it may be allowed to remain on it until perfectly cold when it should be set away in a cake box in a cool place. In putting the layers together many place them bottom side up, because of the smoother surface afforded. In cutting it is better to first make a round hole in the center with a knife or tin tube about an inch and a quarter in diameter, which prevents the edge of the cake from crumbling when cut. In making the custard or “filling” for layer cake, place in a custard kettle or tin pail and set in boiling water to cook, thus avoiding all danger of burning.

To blanch almonds, pour boiling water over them, let boil a moment, drain, throw them into cold water, slip off the skin and pound. To prepare cocoanut, see cake preface. When dessicated cocoanut is used for filling, moisten with a little milk.

Layer cakes are better eaten the day they are baked.

The filling given in the following recipes for any cake may be used for others, according to taste. Almost any filling given being appropriate for any other cake, the recipe for which is given.

The fillings given are to be used only between the layers, with icing on the top except in cases where directed otherwise in the recipe.

For a *Jelly Filling*, beat whites of two eggs with pound pulverized sugar and half pint currant jelly, or latter can also be added to a custard filling.

Whenever chocolate is used in either filling or batter, a pinch of pulverized cinnamon adds to the flavor, and with strawberries a few drops of Orange Water or Juice, is a decided improvement.

The relative value of weights and measures will be found in the Tables of Weights and Measures.

If Vanilla Sugar is not at hand, add a few drops of vanilla flavoring to the sugar used in the recipe, as a substitute.

Apple Cake.—Make a batter as for Mystic Orange Cake, and for filling make an *Apple Purce* by boiling two apples, quartered but not pared, in a little water to a thick pulp; strain through a fine hair sieve and again boil till, when tested, it will not spread when dropped on a dish; sweeten and boil a few minutes longer, put in a buttered dish, when cool sprinkle with pulverized sugar. Grate a whole orange or two, rub to a paste with pulverized sugar, add to above and thin with more orange juice to the thickness of any filling and spread as directed in preface. A *Peach Purce* is prepared in same way using peaches instead of apples. Any fruit may be used, the berries needing only a very little water. For *German Apple Cake*, pare twenty-four good apples and cut each into six equal pieces. Take some dough made as for German fruit cake and roll out enough for two layers, cut round, turn up some for margin, place on white paper and paste band of paper around to keep in shape. Put the apples on dough in rows, set in quick oven and bake till brown. While hot sprinkle with sugar and cinnamon.

Banana Cake.—Six eggs, one cup butter, two cups each sugar, flour and corn starch, one cup sweet milk, three teaspoons baking powder. Bake in layers, and while warm place sliced bananas between. Ice and eat while fresh. Enough for two cakes.

Caramel Cake.—Cream one pint sugar and scant half pint but

ter, add grated rind one large lemon, yolks of five eggs, part at a time, half pint milk and half gill rose water and pint flour, gill corn starch and two teaspoons baking powder, sifted together. When well mixed add gently the well frothed whites. Bake in jelly pans and build as directed in preface spreading with a filling made as follows: mix scant gill granulated sugar, one egg, two tablespoons caramel and pinch cinnamon; to this add yolk of egg beaten with half tablespoon corn starch, work all together until smooth, stir it into half pint milk, cook in a custard kettle until thick; let cool, spread on layers as directed in preface, icing top with Chocolate Icing.

Chocolate Cake.—Cream two-thirds pint sugar and a gill of butter, stir in the well whipped whites of three eggs and the yolk of one; when light add a heaping pint flour and one teaspoon baking powder sifted together; now add a gill of milk and bake in jelly pans. For filling rub a tablespoon and a half grated chocolate with a half pint pulverized sugar, and two teaspoons of vanilla sugar; add slowly the well whipped whites of two eggs and spread over layers. Or use Cape May icing, doubling the recipe of latter; or another filling is two ounces chocolate cooked over hot water with one cup water and one ounce sugar. Spread between layers. For *German Chocolate Cake*, mix four ounces each fresh butter and fine sugar and yolks of twelve eggs beaten to a froth; then add eight ounces each powdered almonds and grated vanilla chocolate; stir well together, then put in two ounces sifted flour and last the well whipped whites twelve eggs. Cut two pieces of white paper round, leaving a margin to turn up around the edge. Make the cake equally thick on both pieces of paper, set in a slow oven and bake. When cold put a layer of preserved cherries on one and lay the other cake on top of it; trim the edges smooth and ice with chocolate icing made by dissolving six ounces sugar in water and adding six ounces chocolate; stir constantly; let cook till it will follow the spoon when taken out or a skin has formed upon it. You can trim the cake with white icing in fancy designs and garnish the plate with fruit and white icing.

Cream Cake.—Cream one and one-third pints sugar and a scant half pint butter. Add well beaten yolks of six eggs, half pint of double cream, a tablespoon vanilla sugar, and a pint and a half flour, a third pint corn starch and three teaspoons baking powder sifted well together, beat until smooth, bake in jelly cake pans, and spread with filling made as follows: stir into one-half pint of boiling milk, two teaspoons of corn starch mixed until smooth in a little cold milk; add one egg beaten to a cream with a third of a pint of pulverized sugar. Remove from fire and add a teaspoon each of rose water and vanilla sugar. Or for *Economical Cream Cake* take cup sugar, yolks of two eggs and white of one, one-half cup sweet milk, one and one-half cups flour, butter size of an egg, three teaspoons baking powder; bake in layers. For filling boil half cup

water, three tablespoons powdered sugar, tablespoon corn starch until thick, remove from stove, and when partially cool stir in the whipped white of one egg; flavor with vanilla and spread between layers. For *Perfection Cream Cake* sift tumbler of flour three times, add two teaspoons baking powder and sift again. Sift the sugar and measure it taking one and a half tumblers. Beat whites of eleven eggs to a stiff froth; add sugar lightly, then flour. Bake in two jelly pans; when cold, whip one pint thick sweet cream, sweeten and flavor with vanilla; put between the layers and heap upon the top. The tumbler for measuring should hold two and one-fourths gills. For *Strawberry Cream Cake* take cup sugar, two eggs one-half cup sweet milk, three tablespoons melted butter, one and one-half cups flour, one teaspoon soda, two teaspoons cream tartar. Bake in layers, Cream: Take one-half cup thick sweet cream, beat till stiff, add two tablespoons sugar, have one large cup of berries well sweetened, add to cream and spread between layers; or, use only a sufficient quantity of well sweetened mashed berries. For *Vienna Cream Cake*, take four eggs, one cup each sugar and flour, one tablespoon melted butter, three teaspoons baking powder, one teaspoon lemon; bake in jelly tins. Cream: one cup thick sour cream, one cup sugar, one cup hickory-nut or walnut meats rolled fine; stir all together and put on stove, boil five minutes, spread between the layers; ice the top; delicious.

Fig Cake.—Two cups sugar, one cup each butter and milk, three of flour, two teaspoons baking powder sifted with flour, whites of eight eggs. Bake in layers. Make an icing of whites of two eggs and half pound sugar, and mix with it one pound each figs, blanched almonds and filberts chopped fine and spread between layers; or cut half pound figs fine and boil until soft with one cup sugar and half cup water, and use for filling. The cake may be more economically made by using yolks of five eggs and whites of three for layers, reserving whites of two for icing.

Eggless Jelly Cake.—Two cups of flour, two teaspoons each cream tartar and soda, evenly mixed with flour; one cup each sweet milk and sugar, and one large spoon butter or lard. Beat all together and bake in a quick oven. An excellent cheap jelly cake.

White Fruit Cake.—To one cup of butter beaten to a cream, add two of sugar, three of flour in which two teaspoons baking powder have been sifted, and the stiffly beaten whites of six eggs. Bake in jelly-cake tins; when done (while still hot) put between the layers this filling; Chop fine a quarter pound each of figs, seeded raisins, citron, preserved ginger and blanched almonds, and stir them into whites three eggs beaten stiff, a cup powdered sugar, and the juice of one lemon; frost the whole quickly. A most delicious cake, which may be made more delicious by using the Tutti Frutti Icing.

White Mountain Cake.—Cream a scant pint sugar with a gill and

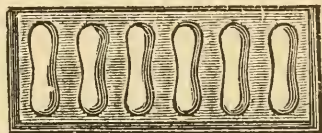
a half butter; add prepared Lemon Juice of one lemon, beaten yolks of five eggs, and beat until smooth, add well-frothed whites, one quarter at a time, half a pint milk, two tablespoons rose-water, one pint flour, one-third pint corn starch, and two teaspoons baking powder sifted together. When very light pour into jelly-cake pans and bake in a quick oven to a light brown. Make a Boiled Icing with two-thirds pint pulverized sugar, half a pint water, whites four eggs, when cold add half tablespoon vanilla sugar. To make a handsome *Cocoanut Cake*, sprinkle each layer with grated cocoanut, or French icing may be used in place of Boiled Icing, dotting the top with halves of English Walnuts; or if the French Icing is used in cocoanut cake, sprinkle top with grated cocoanut. Or for *Castle Cake* cream together cup butter, three of sugar, add cup sweet milk, two teaspoons baking powder, sifted with four cups flour, and last the well-beaten whites ten eggs. If coffee cups are used in measuring, this recipe makes four layers. Put together with a thin coating of Boiled Icing, made of three eggs and two cups sugar as directed in icings; grate two cocoanuts and sprinkle thickly over each layer, and the top and sides.

Lady Fingers.—Beat yolks of ten eggs and one and a third pint of pulverized sugar till very light, add the well frothed whites, alternating with a pint and a half of flour, a little of each at a time; use the meringue bag described in confectionery for shaping the cakes; press and run the dough out quickly through the tube into a pan lined with light brown paper (not buttered), making each about a finger long and about as thick as a lead pencil, being careful not to get them too



Plate of Lady Fingers.

wide, or bake in pans made for the purpose. Sprinkle with granulated sugar, bake in a quick oven, and when cool wet the under side of the paper with a brush, remove and stick the fingers together back to back. The bag when made of ticking, will be useful in making macaroons and other small cakes



Lady Finger Pan.

Maple Cake.—Three eggs, one cup white sugar, two tablespoons sweet milk, one heaping cup flour with two teaspoons baking powder in it. For filling: boil one cup maple syrup to wax; beat white of one egg to stiff froth, and pour the syrup on it, stirring briskly. Very nice.

Minnesota Cake.—One and a half cups granulated sugar, half cup butter stirred to a cream, whites six eggs, or three whole eggs, two teaspoons cream tartar stirred in two heaping cups sifted flour, one teaspoon soda in half cup sweet milk; bake in three layers. For filling, take a cup sugar and a little water, boil together until it is brittle when dropped in cold water, remove from stove and stir

quickly into a well beaten white of an egg; add to this a cup of stoned raisins chopped fine, or a cup of chopped hickory-nut meats, and place between layers and over the top. A universal favorite.

Neapolitan Cake (Yellow, Pink, White and Brown).—Yellow: Two cups powdered sugar creamed with one cup butter, five eggs, yolks and whites beaten separately, one-half cup milk, three cups prepared flour, a little nutmeg. Pink and White: One-half pound butter creamed with one pound powdered sugar, whites ten eggs whipped stiff, and one pound prepared flour; divide this batter into two equal portions, leave one white and color the other with a very little prepared cochineal. Use carefully, as a few drops too much will ruin the color. Brown: One-fourth cup butter creamed with one cup powdered sugar, add three eggs beaten lightly, two tablespoons cream, one heaping cup prepared flour, and two tablespoons vanilla chocolate grated and rubbed smooth in cream; bake in layers, the above quantity making three of each color. Half as much will be sufficient for a family cake, but for a large supper or church "sociable" use the whole recipe. Filling—Yellow and Brown: Two cups milk, two tablespoons corn starch wet with milk, two eggs, two cups powdered sugar; heat the milk to boiling, stir in the sugar and corn starch, cook a few minutes and put in the eggs, boiling until thick. Divide the custard into two parts, and stir into one two tablespoons grated chocolate, and into the other a teaspoon bitter almond. White: Whip into the stiffened whites of three eggs one heaping cup powdered sugar, and the juice and half the grated peel of one lemon. Use a layer of the brown cake as a foundation for the pile spread with yellow custard, then the pink coated with chocolate, then the white and yellow layers separated with the white frosting, or put together in any order fancied. Very elaborate and nice.

Orange Cake.—Beat whites of three and yolks of five eggs separately; cream two cups sugar and a half cup butter; add one-half cup cold water, two and one-half cups flour, two teaspoons baking powder and the grated rind and juice of one orange (saving one tablespoon juice for frosting). Bake in layers and put together with this frosting: Whites of two eggs, two cups sugar and the tablespoon orange juice. Frost top also.

Orange Custard Cake.—One and one-half cups sugar, one cup butter, two and one-half cups flour, five well beaten eggs, four teaspoons sweet milk, two teaspoons baking powder. Bake in layers. For filling: Two whole oranges grated with peel of one; one cup sugar, two tablespoons butter, two eggs; beat well together and boil until it thickens, stirring to keep it from burning on the bottom.

Orange Cake.—Two cups sugar, half cup butter, three and a half cups sifted flour, half cup sweet milk, three eggs beaten separately, three teaspoons baking powder mixed in flour; bake in jelly-

pans. For filling, take the juice and grated rind of two oranges, two tablespoons cold water, two cups sugar; cook in custard kettle and when scalding hot stir in the yolks of two well beaten eggs, and just before taking from the fire stir in the white of one egg slightly beaten, and when cold put between layers of cake; frost the top with the other egg. Or for *Mystic Orange Cake*, to the well-beaten whites of thirteen eggs, add alternately one and one-third pints pulverized sugar and the beaten yolks, a little at a time of each; beat thoroughly add pint flour and two-thirds pint of corn starch (some sift with this, teaspoon baking powder) and when partially mixed pour in half pint boiling butter. When well beaten bake in jelly pans. For filling, cream yolks of eight eggs, half pint sugar, tablespoon corn starch and add juice of two oranges and one lemon with grated rind of former and half pint of water, cook as above and spread as directed. Very nice and delicious. For *Mystic Lemon Cake*, use juice and grated rind of two lemons and juice of one orange or latter may be omitted. For *Buckeye Lemon Cake*, use batter of Minnesota cake and a filling as follows: grated rind of one lemon and pound well in a mortar with one ounce sugar; rub into this with the pestle one egg and juice of one lemon and enough "XXX" sugar to make a nice smooth paste. For *Pine Apple Cake*, spread the layers with grated pine-apple sprinkled with sugar; and a nice ornament of a pine-apple is described in Charlotte Russe recipe.

Ribbon Cake.—Make a paste of a gill of blanched and grated almonds (grated after measuring) and a little white of egg; to this add half pint pulverized sugar and yolks of five eggs, or more if needed to make a smooth paste, beat till *very* light. Have prepared four tablespoons of rye bread crumbs by drying, pounding and sifting through a coarse sieve, then spreading out thinly on a pan and browning (without burning) in oven and soaking in raspberry or blackberry shrub and squeezing dry. To half of the well frothed whites of five eggs add half gill browned flour and half of the prepared bread crumbs; mix well and add remainder of eggs, half gill more flour and rest of crumbs. To this add the paste of almonds, sugar and yolks, also yolks of five more eggs, or enough to make number of yolks used, ten; teaspoon grated nutmeg, two of pulverized cinnamon and half ounce each of candied orange and lemon peel and citron. Bake in a jelly cake pan, making one layer of a rich brown color. Make one white layer from any batter made of whites of eggs, using part of the whites that are left and a yellow layer from a sponge cake batter. In building place brown layer at bottom and ice with Cape May icing; upon this place yellow layer and ice with icing made of yolk of one egg and nine teaspoons sugar; place white layer on top and ice with French icing, dotting it over with the halves of English Walnuts. This makes a very elegant and delicious cake.

Cream Rose Cake.—Stir into a cup sweet cream with a pinch

soda, one cup butter creamed with three cups powdered sugar, whip with egg beater five minutes, or until like whipped cream; flavor with vanilla and add five cups flour, three teaspoons baking powder and frothed whites ten eggs. Color a fine pink with cochineal, which is perfectly harmless and which your druggist will prepare for you in either powdered or liquid form. If in the former, moisten before using with a very little water. Strain and stir in drop by drop until you get the right tint. Bake in four layers. For filling, take one and one-half cocoanuts pared and grated, whites four eggs whisked stiff, one and one-half cups powdered sugar, two teaspoons rose-water. Heap the cake after it is filled with this mixture, beating in more sugar for the purpose. Very pretty.

Boston Cream Puffs.—Put half pint milk and two-thirds cup butter over the fire; when it comes to a boil stir in one and one-half cups sifted flour and continue stirring until smooth and the mixture leaves the sides of the pan. Remove from the fire and beat thoroughly into it five eggs, first stirred together lightly to break up and mix the whites and yolks, but do not beat them before adding to the flour and milk. Drop on cold greased tins a tablespoon in a place, leaving space between to prevent touching, brush over with the yolk of an egg mixed with a little water, and sprinkle with granulated sugar. Bake thirty one minutes in a medium oven (test same as for angel cake), or until all moisture is thoroughly dried out, lest they may fall. When done they will be hollow. Let them get cold, then make an opening in the side, just above middle of puff, lift top a little and fill the space with whipped cream or custard, as given below. The neatest way to put in the filling is to inject it through the meringue bag but a spoon may be used. For the whipped cream, ten ounces powdered sugar, a quart of cream; whip up stiff and flavor with one tablespoon vanilla, or juice of one orange or grated peel dissolved in a little hot water and strained. Or for *New York Cream Puffs* put half pint water with half gill butter, cut in bits, in sauce-pan; when it boils add half pint flour and stir rapidly till well mixed and smooth; in about half minute, take from stove and stir half minute longer. It should be velvety to the touch and not adhere to anything. Let stand five minutes then add eight eggs, one at a time, stirring each one in well. After half an hour, stir a little and drop by tablespoons, on greased pans two and a half inches apart each way; brush with Roll Glaze and bake as above, watching closely that they do not scorch. For filling, mix smooth tablespoon each flour and corn starch with a little of the milk and boil the remainder, (use one pint in all), in a custard kettle. Beat yolks with pint granulated sugar and the flour paste and stir into hot milk; when smooth add half teaspoon butter, remove from stove and mix in half tablespoon Vanilla Sugar and let cool.

Chocolate Eclairs—Make paste after recipe for "Boston Cream

Puffs," shape into cakes about four inches long and one and one-half wide, placing them on cold greased tins about two inches apart; A meringue bag is convenient to use pressing the batter out upon a well buttered baking tin. By closing and holding up the larger end of the bag, the paste will come out in rope-like shape, and of the size of the tube you may choose for the purpose (an inch in diameter at the largest.) Draw the bag toward you, while squeezing, and stop when you have made a cake five inches long. Bake like puffs in a quick oven fifteen to twenty minutes. As they come from the oven dip the tops of the eclairs into an icing made by stirring over the fire two squares scraped chocolate with five tablespoons powdered sugar and three of boiling water. When cold make an opening in the side and fill with custard made as follows: Heat to boiling one and one-half cups milk in custard kettle, beat together two-thirds cup sugar, one-fourth cup flour, two eggs, and one-fourth teaspoon salt, pinch of pulverized cinnamon, and stir the mixture into the boiling milk. Cook fifteen minutes, stirring often; when cold flavor with vanilla extract; if a chocolate flavor is preferred in the custard add one teaspoon dissolved chocolate. For *Charlotte Eclairs* make the filling described in the recipe for Buck-eye Charlotte Russe and ice with Almond Icing. For *Coffee Eclairs* add to the filling given above for Chocolate Eclairs, two tablespoons of strong coffee (prepared the same as for the table) in place of chocolate; icing first with Vanilla Icing. For *Cream Eclairs*, fill with whipped cream, and ice with Snow Icing. For *Jelly Eclairs*, fill with any fruit jelly, according to taste and with nearly all of them Lemon Icing may be appropriately used. For *Duplex Eclairs*, fill with Peach Puree, given in Apple Cake, adding some finely chopped blanched almonds to it, ice with Almond Icing. For *Strawberry Eclairs*, fill with the cream in Strawberry Cream Cake with tablespoon Orange Juice added and ice with Orange Icing. For *Vanilla Eclairs* fill with first filling given with tablespoon Vanilla Sugar added. Additional varieties may be made by using different creams for filling, the latter giving the name to the eclair.

Xebec Cake.—Cream one and two-thirds pints sugar and scant half pint butter, add half nutmeg (grated), prepared Lemon Juice of one lemon, one gill cream or rich milk and well frothed whites of seven eggs, alternated with two pints and a half flour sifted with three teaspoons baking powder, a little of each at a time. Lastly add a cocoanut finely grated and bake in jelly pans. For filling beat whites of four eggs with two-thirds pint pulverized sugar, add an almond paste made by rubbing in a mortar one pound shelled and blanched almonds (reserving thirty for top) with two teaspoons rose-water. Spread on layers, ice the top and dot it with the almonds cut lengthwise in thin slices.

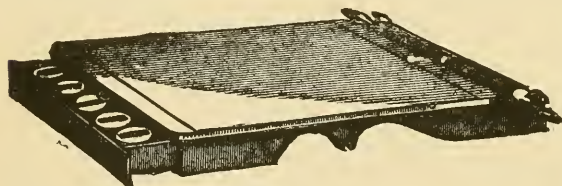
Xenophon Cake.—One cup sugar, half each of butter and milk, whites of four eggs, scant two cups flour, flavor with vanilla; two teaspoons baking powder. Stir flour in last very lightly. Bake in layers and when cold spread with this filling; scant pound shelled almonds, blanched and pounded in a mortar (or a bowl may be used with the potato-masher), half cup thick sour cream, juice of half a lemon, make very sweet. Mix and let stand in cold place one hour before using. Delicious but must be eaten the day it is made.

Cookies and Jumbles.

Sift before measuring all flour used in mixing and rolling, and bake in a quick oven. A nice "finishing touch" can be given by sprinkling them with granulated sugar or seeds, and rolling over lightly with the rolling pin, then cutting out and pressing a whole raisin in the center of each; or, when done a very light brown, brush over while still hot with a small bristle brush called a pastry brush, and kept for such purposes, or a soft bit of rag dipped in a thick syrup of sugar and water, or the *roll glaze* made of yolk of one egg, its bulk in water and quarter teaspoon sugar; sprinkle with currants,



Cookie Cutters.



Combination Cake Board.

cocoa-nut, or any seed preferred, and return to the oven a moment. Seed cookies may be made by adding one tablespoon caraway

seeds to any of the following recipes. Flour should *never be used* for any purpose without sifting, so it is well to always have a large covered can or bucket full of sifted flour in the pantry.

Bachelor's Buttons.—Mix two ounces butter, three of sugar, five of flour; to this add two ounces sugar mixed with one egg; flavor to taste. Roll in hand to size of a large nut, then roll in sugar, place on tins with buttered paper and bake lightly.

Chocolate Cookies.—Three-fourths cake chocolate, two cups white sugar, one of butter, one-half cup cold water, two eggs, one teaspoon soda, flour to roll. To finish nicely ice the tops.

Cream Cookies.—One cup each sour cream and sugar, one egg, one level teaspoon soda, nutmeg; mix as soft as can be handled, roll thin and bake quickly.

Eggless Cookies.—Two cups sugar, one each milk and butter, half teaspoon each nutmeg and soda, flour to roll.

Fruit Cookies.—Two cups sugar, half cup butter, cup sour cream, (or sour milk may be used with more butter), two cups chopped raisins, two eggs, two tablespoons cinnamon, one teaspoon each nutmeg, cloves, and soda. Bake same as other cookies.

Graham Cookies.—Shave two cups maple sugar, and stir with one of butter, one egg, one cup sour milk, one teaspoon soda; mix with graham flour; use white flour on molding board. Brown or white sugar may be used instead of maple.

Good Cookies.—Two cups sugar, one each butter and sour cream or milk, three eggs, one teaspoon soda; mix soft, roll thin, sift granulated sugar over them, and gently roll it in.

Hickory-Nut Cookies.—Two cups sugar, two eggs, half cup melted butter, six tablespoons milk, one teaspoon cream tartar, half teaspoon soda, flour to roll and one cup chopped meats stirred in the dough.

Nutmeg Cookies.—Two cups white sugar, three-fourths cup butter, two-thirds cup sour milk, nutmeg or caraway seed for flavor, two eggs, half teaspoon soda, and six cups flour, or enough to roll. Roll thin, and bake in quick oven.

North German Christmas Cookies.—Six pounds flour, two each of sugar, butter, and molasses, one teaspoon saleratus dissolved in rose water, arrack, or spirits, a few cloves and cinnamon pounded together, one pound raisins pounded in a mortar, half pound citron chopped fine. Warm molasses, sugar and butter slightly, and gradually stir in the flour; knead well and roll out, and cut in various shapes. One-half the dough may be flavored with anise or cardamon, omitting the raisins. This recipe will make a large quantity, and they are pretty to hang upon the tree during Christmas week, and to pass in baskets to holiday callers. This is the *bona fide* Christmas cookie.



Cookie Cutters.

Seed Cookies.—Cream one-half pound butter with three-fourths pound sugar, and sift in one and one-half pounds flour, adding one well-beaten egg, a half gill rose water, and a pinch soda dissolved in tablespoon warm water, knead well, roll into a sheet, cut with cutter having scalloped edge, and bake in buttered pan fifteen minutes. Use fennel, coriander, caraway, or cardamon seeds, or any mixture of them preferred.

Scotch Cookies.—Half cup molasses, one and a half of sugar, one and a quarter of butter (or half butter and half lard), two eggs, teaspoon each soda, cloves and allspice, two of cinnamon, and flour to roll; roll thin, cut and bake; or a richer recipe is two and a half pounds sugar, one and a fourth of butter, three of flour, five eggs, half pint molasses and one ounce soda mixed with it; roll very thin, cut with cake cutter, place in pan, giving each cake plenty of room, and put in oven; when half done brush over top with glaze made with yolk of an egg, as much water as there is egg, and quarter of teaspoon sugar; return to oven and bake.

Whortleberry Soft Cookies.—One cup sugar, one and a half of milk, with half teaspoon soda dissolved in it, tablespoon butter, one quart berries, teaspoon cream tartar, and flour to make a stiff batter; bake in small cake tins.

Crescents.—Rub eight ounces each rice flour and sugar together, and add eight eggs mixed to a cream after the yolks and whites have been beaten separately; stir all together smoothly, spread thinly on buttered paper, and bake twenty minutes; then cut with a crescent cutter into cakes, ice each one, and set in the oven for a minute to dry. Vary the icing if liked by coloring portions with cochineal and saffron, icing some of the crescents pink, some yellow and the effect is very pretty.

Jew Cakes.—Three-fourths pound each butter and sugar, one pound flour, two eggs, two teaspoons baking powder; roll thin, cut out, wash over top with an egg beaten in half cup cream, sprinkle with pound finely chopped almonds mixed with pound fine granulated sugar, and bake in quick oven.

Jumbles.—One and a half cups white sugar, three-fourths cup butter, three eggs, three tablespoons sweet milk, half teaspoon soda and one of cream tartar; mix with sufficient flour to roll; roll and sprinkle with sugar; cut out and bake.

Cocoa-nut Jumbles.—Two cups sugar, one cup butter, two eggs, half a grated cocoa-nut; make just stiff enough to roll out; roll thin.

Lemon Jumbles.—One egg, one cup sugar, half cup butter, three teaspoons milk, one teaspoon cream tartar, half teaspoon soda, two small lemons, juice of both and grated rind of one; mix rather stiff, roll, and cut with cake cutter.

Lemon Snaps.—A large cup sugar, two-thirds cup butter, half teaspoon soda dissolved in two teaspoons hot water, flour enough to roll thin; flavor with lemon,

Pepper-nuts.—One pound sugar, five eggs, half pound butter, half cup milk, two teaspoons baking powder, flour enough to roll.

Seedlings.—Sift a quart and a half of flour mixed with a heaped teaspoon of baking powder; make a hole in the center, pour in one pint and a third of pulverized sugar, make a hole in the sugar, break in four eggs, which beat lightly with a knife till well mixed with the sugar; add three-fourths of a pint of butter, chop fine, add to it one-half a pint of milk and a half gill of caraway seeds, work quickly to a dough and set to rise; cut off a piece as large as a biscuit, roll it out one-eighth of an inch thick, cut into small, round cakes, place a half inch apart on a buttered tin, continuing until all are ready; then bake in a quick oven. This may be made without eggs and some add the grated rind of a lemon. For *Bonnie Buns*, rub pint and a half of flour and half gill butter well together; warm one gill of milk, add to it a pinch of salt and half gill yeast, make a hole in the dough and pour in milk, let rise. Beat together a gill of sugar, two eggs and add to sponge when raised; then add three-fourths ounce sliced citron and one-quarter ounce caraway seed, roll into a thick sheet, cut into cakes, and place to rise. When light, bake in a quick oven. Brush with Roll Glaze and eat while fresh. For *Spice Seedlings*, cream a half pint each butter and granulated sugar, add lightly a quart of flour, a half nutmeg grated, two tablespoons caraway seed, a level tablespoon powdered cinnamon, a half gill each of milk and rose water and cold water enough to make a stiff dough. Roll out in sheets a quarter of an inch thick, cut with a small cake-cutter and bake as described for cookies in a quick oven, to a delicate brown. For *Currant Seedlings*, cream one gill butter and three-fourths pint granulated sugar, add two eggs, half gill milk, pint flour, with teaspoon baking powder, teaspoon cinnamon, prepared lemon juice of one small lemon and quarter of a pound dried currants, well floured. Bake in patty pans.

Springerlies.—One pound of sugar, four eggs beaten light and thick, add pound flour into which teaspoon baking powder has been sifted and roll into little balls, press with a small glass plate or salt cellar, let stand until morning and bake in a quick oven. Or, roll and cut out with any of the cookie cutters illustrated; let rise and bake as above.

Sugarines.—Cream scant half pint granulated sugar, gill and a half butter add yolks of three eggs, and when well beaten, put in pint flour, one grated nutmeg, the beaten whites, and drop with a spoon on a greased pan, inch and a half apart; sprinkle with grated cocoanut, or chopped almonds, bake in a quick oven. For *Almond Sugarines*, add to above a gill of sour milk, half level teaspoon soda and half pint blanched and chopped almonds.



Cookie Stamps.

Savoyes.—Cream pint butter and one and one-third pints sugar, add gradually yolks of five eggs, prepared lemon juice of one lemon, two tablespoons rose-water and heaping quart flour, alternated with the well-beaten whites; put into meringue bag and squeeze out in drops size of a dollar on buttered pans and bake in a quick oven; when cold dust with sugar. Or, use only half pint butter and three more eggs and flour enough to roll. Dust molding board with pulverized sugar, roll dough half inch thick, cut in "fingers" half inch wide and four inches long and form into rings by joining at each end and bake as cookies.

Crullers and Doughnuts,

These are fried by being immersed in hot fat; either lard, clarified drippings of roast beef, or olive oil, (a large part of which, as sold in the market is a refined cotton-seed oil.) Better than either is beef suet, which is equally cheap and cleanly and more wholesome. To prepare, secure nice, whole, clean "leaves" of fat, cut up into small pieces and place in an iron pot which will hold ten pounds. Add a pint of water, place over a good fire and stir frequently, after the first hour. It will require three hours to "render" it. When done drain through a coarse cloth, press the fat out of the "cracklings," place in pans or jars, cover and put in a cool place and use when wanted repeatedly. The flavor of doughnuts cooked in such fat is better than when lard is used. The dough for these usually indigestible favorites should be made as *soft as can be and handle well*. Roll about half an inch thick, cut in strips about a half inch wide, and cook five to eight minutes. To learn the exact time, break one open as a test. When done drain well in a skimmer as they are removed from the fire, and place in a colander or on coarse brown paper. Sprinkle with sugar while hot to make the fancy sort. Regulate the fire as evenly as possible and attend strictly to the business while frying. The use of eggs in the dough prevents the absorption of fat. Use an iron kettle for frying. Doughnuts are for cold weather diet and should never be cooked in warm weather. Crullers should be eaten the day after they are made. After using the fat for frying, cut a raw potato into it to clarify it, and set away until the sediment falls to the bottom and then drain into an earthen crock kept for the purpose which should always be set in a cool place, well covered.

Crullers. Six tablespoons each melted butter and sugar, six eggs and flour to roll.

Crullers.—One egg, one tablespoon melted butter, three tablespoons sugar, make very stiff with flour, roll rather thin; they will fry very quickly; take them from the fat well drained and dip them in sugar.

Crullers. One pound butter, one and one-half pounds powdered sugar, twelve eggs one teaspoon cinnamon, one-half teaspoon each nutmeg and mace, flour to make stiff dough. Mix thoroughly. and knead until stiff enough to roll out to a quarter inch thick cut in squares, make three or four long incisions in each square, lift by taking alternate strips between the finger and thumb, drop into hot lard, and cook like doughnuts, or they may be shaped as in Figure 1, or given the much more elaborate shape of Figure 3.



To give them the shape of Fig. 3, first cut the paste, as in Fig. 2; hold the first line with thumb and finger of the left hand, then with the right hand slip the second line under the first, then the third under the second, and so on until they are all slipped under; pinch the two ends together, and the cruller will be in form of Fig 3.

Buckeye Doughnuts.—Cream half pint granulated sugar and gill butter, add two well-beaten eggs, half pint milk, one grated nutmeg and pint and a half flour sifted with two teaspoons baking powder.

French Doughnuts.—One cup butter, three of white sugar, one pint sweet milk, four eggs, teaspoon soda, two of cream tartar, and juice of one lemon.

Raised Doughnuts.—In the evening mix quart flour, scant gill butter, third of a pint sugar and half teaspoon cinnamon together; add one or two eggs well-beaten, half pint bread sponge, tablespoon rose water and milk to make a soft dough and let rise; next morning roll quarter of an inch thick, cut with doughnut cutter and fry in hot lard. Some use gill of yeast instead of the sponge.



Doughnut Cutter.

Andover Wonders.—Boil together one cup water, tablespoon powdered sugar, half teaspoon salt and two ounces butter, and while boiling, add sufficient flour to make it leave sides of pan; stir in one by one the yolks four eggs; drop into hot lard from a teaspoon and fry light brown.

Parisian Straws.—Beat eight eggs till very thick, add three-fourths of a pint of sugar, quarter of a teaspoon each of cinnamon and nutmeg, and flour enough to make a stiff dough. Roll into a sheet half an inch thick, cut into slips half an inch wide and four inches long, give each a twist, cook in hot lard like doughnuts, and when cool sift sugar over them.

Zulus.—Cream pint butter and one-third pints pulverized sugar add yolks of six eggs, gill of sour milk, quarter teaspoon soda, teaspoon cinnamon and quart flour. Roll out thin, cut into narrow strips, mix into any fancy shapes and cook as doughnuts, dusting with pulverized sugar when partially cooled. Or for *Fruit Zulus* work half pint butter into quart flour; add yolks of four eggs mixed with pint sugar, half gill cream, pound of currants, prepared as directed and well beaten whites of two eggs, roll out, cut with small biscuit cutter, inch and half in diameter and fry as above, or they can be cooked as cookies, brushing with white of egg and dusting with sugar before baking.

Ginger-Bread,

In making the old fashioned soft square cakes of ginger bread, of which children are so fond; put a portion of the dough on a well floured sheet of tin, roll out evenly, trim off neatly at the edges, and work off in squares with a knife dipped in flour or a wheel cutter made for the purpose. Prepared in this way, the dough may be mixed softer then when it must be handled in removing from the board to the tin on which it is to be baked, after rolling and cutting. In mixing and rolling ginger bread always use sifted flour and if the dough becomes too stiff, set before the fire. A moderate oven is required for ginger bread and cakes, for snaps a quick oven. Snaps should never be made on a damp day. New Orleans and Porto Rico molasses, not syrup, should be used. When snaps or cookies become moist heat in oven.

Fairy Ginger-bread.—Cream one cup butter with two of sugar, add tablespoon ginger, three-fourths teaspoon soda in cup milk, and four cups flour; butter baking pans, spread cake mixture thin as a wafer on them, and bake in moderate oven till brown. The moment it comes from the oven cut into squares with case knife and slip from pan. Delicious. Keep in tin box.

Loaf Ginger-bread.—Heat together for ten minutes one cup each

butter, molasses and sugar with a tablespoon each ginger and cinnamon, then add a half cup cold water, tablespoon soda dissolved in boiling water, and flour to stir very hard. Bake in loaves; brush them over with syrup while hot, and eat fresh.



Ginger-bread Loaf,

Spiced Ginger-bread.—One cup each sugar, butter and molasses, three eggs, three cups flour, one teaspoon soda dissolved in a cup sour cream, half a nutmeg, teaspoon cloves, tablespoon ginger. Extra good.

Sponge Ginger-bread.—One cup each sour milk and Orleans molasses, a half cup butter, two eggs, teaspoon soda, tablespoon ginger, flour to make as thick as pound cake; put butter molasses and ginger together, make them quite warm, add the milk, flour, eggs, and soda, and bake as soon as possible.

White Ginger-bread.—Rub a half pound each butter and flour together, add half pound finely powdered and sifted loaf sugar, the finely minced rind of one lemon, an ounce ground ginger and a grated nutmeg; mix well together and work into a smooth paste with one gill milk just warm, in which a half teaspoon carbonate of soda has been dissolved; make into cakes, and bake in moderate oven fifteen or twenty minutes.

Ginger Nuts.—Cream gill butter and heaping gill brown sugar, add half pint flour, tablespoon and a half ginger, half teaspoon cloves and cinnamon, grated peel of an orange, half pint molasses with teaspoon soda stirred in, and roll into a sheet half inch thick. Cut into small cakes inch in diameter, mold into balls, place in a greased pan and bake. Will keep well.

Ginger Cakes.—Put two teaspoons soda into pint molasses, beat to a foam, add gill cold water and quart flour and beat well, slightly melt half pint butter, add to above, with quart flour and teaspoon ginger, bake in patty pans forty minutes. For a *Ginger Plum Cake* cream half pint each butter and sugar, add tablespoon ginger, half tablespoon each of cloves and cinnamon three well beaten eggs, alternated with one quart flour, half of each at a time, pint molasses with teaspoon soda; stir well, add three quarters pound seeded raisins and half pound currants. For *Ginger Tea-Cake*, mix two cups each powdered sugar and warmed butter, add three well beaten yolks, a cup molasses, four heaping cups flour, tablespoon each ginger and soda. Bake in patty pans in a moderate oven.

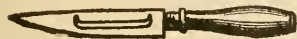
Ginger Snaps.—Boil together one cup each molasses, butter and sugar. Add two teaspoons each soda and cinnamon, one each cloves and ginger, flour enough to roll out smoothly. Roll thin and bake quickly.

CANNING FRUITS.

In order to work intelligently, the principle applied in canning should be understood. The fruit is prepared by placing it in a vessel from which the external air is entirely excluded, and this is effected by the use of heat to rarefy and expel the air that may be entangled in the mass of fruit or lodged in its pores. The preservation of fruit does not depend upon sugar, though enough of this is generally used to make it palatable. The heat answers another purpose; it destroys the ferment which fruits naturally contain, and so long as they are kept from contact with the external air they do not decompose.

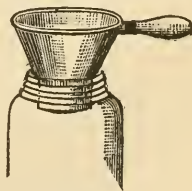
Fruits for canning should be selected carefully, and are much better if gathered in the morning, in dry weather, with the morning sun upon them, if possible; they will then have their fullest flavor, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house, or a refrigerator. In an ice-house it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon be mildewed. All imperfect and over-ripe fruit must be rejected. Large fruits, such as peaches, pears, etc., are in the best condition to can when not quite fully ripe, and should be put up as soon as possible after picking. An easy way to peel peaches is to place them in a wire basket, to the handle of which a cord has been tied, let down into boiling water for a moment (some use strong white lye), then into cold water, and strip off the skin. This is called the dipping process. The fruit must be at a certain stage to be prepared in this way, for if too green it will not peel, and if too

ripe it will be too much softened by the hot water. Peaches, pears, and all large fruits should be thrown into an earthen vessel of cold water as soon as peeled, as exposure to the air darkens them.



Paring Knife.

But the fruit should not stand long in the water, as it will soon become soft, and it is better to prepare only enough for one can at a time. Cooking reduces peaches about one-half and pears one-third. Small fruits, such as berries, should never stand overnight if it is possible to avoid it, and should *never* be put in tin. The highest-flavored and longest-keeping fruits are best put up without paring, after having carefully removed the down with a fine but stiff brush. Use only the best sugar in the proportion of half a pound of sugar to a pound of good fruit, varying the rule, of course, with the sweetness of fruit. Fine granulated sugar is the best for canning. In canning for pies many omit sugar, as the natural flavor is better preserved without it, and some prefer this method for all purposes; several recipes without sugar are given. It is economical, and well worthy of experiment. Cans put up in this way should have a special mark to distinguish them from the rest. Before beginning the work of canning have ready all the necessary utensils, which include the following: A thin-bladed, sharp, steel knife which should be often wiped off during the paring process (though a silver knife is better when fruit is wanted extra nice), an earthen vessel to hold fruit after it is peeled, scales for weighing, or two pint measures, one each for measuring sugar and fruit, a porcelain-lined or granite ironware kettle with lip (a six-quart kettle is a good size and two will be found convenient), a tin skimmer for removing the scum, a silver or thoroughly clean wooden spoon (never use any other in fruit), a silver knife for one-quart cans or round wooden stick for two-quart ones for expelling the air from cans after filling, a silver fork or a broom splint for testing cooked fruit (a steel fork discolors), a wide-mouthed funnel or can-filler made to set into the can, though a small tin strainer or dipper of the right size without a bottom will do, a wire spoon for lifting the larger fruits, a bright tin dipper (if old or rusty it will discolor the fruit), or a small pitcher or large coffee-cup with handle for dipping syrup and small fruits, and a small handled strainer for dipping small fruits as de-



Can-filler.

scribed with recipe, a large pan with heavy folded towel in bottom on which to stand cans while heating, and plenty of holders and towels for lifting from stove and wiping off cans. Canned fruit is much nicer if syrup is strained when pouring into can, and for this purpose make a strainer of cheese-cloth cut round and large enough to sink into can-filler, and run a fine wire or string into the top to tie or hold it in place, or use handled strainer as given above.

The cans must be thoroughly cleaned and tested to see if any leak or are cracked. If tin cans leak send them to the tinner; if discolored inside they may be lined with writing paper and are thus used by many with success, but glass cans are always preferable. In buying stoneware for canning purposes be sure that it is well glazed, as fruits canned in jars or jugs imperfectly glazed sometimes become poisonous. Never use defective glass cans, but keep them for storing things in the pantry, and in buying them, take care that they are free from flaws and blisters, else the glass will crumble off in small particles when subjected to heat. Self-sealers are very convenient, those with a porcelain-lined screw top being the best, the Mason preferred. (The improved Mason has a glass top held in place by a metal band screwing down over the can, and these are not reliable.) The "Almy" is highly recommended by many. The heat hardens the rubber rings used on self-sealers but new ones may now be procured at any furnishing store. Most of the earthenware and tin cans have a groove around the top for sealing with wax or putty; sealing with the latter is most convenient as the jars can be opened readily with a strong fork or knife, and are much more easily cleaned than when wax-sealed. Putty may be bought ready for use, and is soon made soft by molding in the hand. In using it should be worked out into a small roll, and pressed firmly into the groove with a knife, care being taken to keep it well pressed down as the can cools. Sealing-wax is bought ready prepared or can be made of two parts resin to one part beeswax melted together. In sealing pour wax over covers, filling the grooves, and break the air bubbles that rise with the wet finger, adding more if necessary to make air tight. Fruit intended for transportation should be put up in tin cans with the flat tops that are soldered on, as if shipped in glass the danger of breakage is great, and if the tin cans sealed with resin or putty are used bits are liable to crack off, letting the air in and so spoiling the fruit.

There are several ways of preparing glass cans for fruit, among them the following: Wring a towel from cold water, double and wrap closely about and under the can so as to exclude the air, and fill; or, put a towel in a steamer, set in the cans, and place over a kettle of *cold* water; boil the water, and when ready to fill, remove the cans and wrap in a towel wrung from warm water; or wash the cans in tepid water and at once pour in the boiling fruit, but not too fast; and in any method used always pour into the center; or, when ready to can fruit, place the glass jars in a large pan of warm water on the back of the stove, in which a thick folded towel has been previously placed to guard against too great heat for the bottom of cans, placing the covers on the stove in a smaller vessel of water, make ready the syrup in the clean porcelain-lined or granite ironware kettle before mentioned, put in the fruit—it is better to prepare only enough fruit or syrup for two or three cans at a time—and by the time it is done the water in the pan will be hot and the cans ready for use. Peaches and pears are properly cooked when they can be pierced with a silver fork. Use the wire spoon for lifting the larger fruits from the syrups and a silver fork to help place in the cans, which should be done closely and compactly but carefully, filling around the sides first, turning the inside halves of the fruit outward. Put in as much fruit as possible and then fill up with the hot syrup, first tying on the little cheese-cloth strainer heretofore described, which catches all loose particles of fruit and makes a clearer syrup. Berries should be cooked from five to fifteen minutes, according to the ripeness of the fruit. When done place the can-filler in the can, fill to within a half inch of the top with hot fruit, *always* pouring into the center, and using for this purpose the bright tin dipper (if a pitcher or cup is used it must first be heated to prevent cracking), then place on a hot platter, remove to table, wipe off upper parts and put on the rubber rings; be sure these are perfect and close-fitting, throwing away all that are imperfect; let stand two or three minutes, or till other cans have been filled, when the fruit will have shrunk away a little; fill almost to top with the hot syrup, or if you have none, boiling water from the teakettle will do. Now carefully insert a silver knife into the cans, putting it in at the sides so as not to bruise the fruit, let it touch the bottom, and push gently around to remove the air bubbles, slowly pressing and withdrawing



from all sides until the bubbles cease to come up ; seal at once, first filling to overflowing so that when the covers are screwed down the syrup squeezes out around the edge, taking care when canning berries or tomatoes that none of the seeds overflow and are left on the rubber rings under the covers. Many insert a spoon in cans before filling and use the spoon to remove the air bubbles ; in canning berries this answers very well, but the knife is better, especially for peaches, pears and all the larger fruits, as it is not so liable to bruise them and slips in easier around the sides. In the two-quart cans a round wooden stick may be used for this purpose, neither knife nor spoon being long enough. Wipe off the cans with cloth wet in hot water and also inside of covers, in sealing, first screw on the covers as closely as possible with the hand, and as the cans cool turn down with the can-tightener, which always comes with the cans, this is a great help as it is impossible to screw covers on perfectly tight with the hands. Care must be taken to have the rubber ring show an even surface all round, for if it slips back at any point air will be admitted. When this is found to be the case take off the cover, find a ring to fit perfectly and re-seal (it may be necessary to add more syrup, which must squeeze out again as cover is tightened). Remove the cans from the hot platter and place where no current of air will strike them, wringing out a towel from hot water on which to stand them. When other cans are filled remove these to another part of table and set those filled last on the towel. After all are canned re-tighten the tops ; this retightening is very important and the tops must be turned down again, and again, the glass contracting as the fruit cools. Let the cans stand over night *bottom side up* ; in the morning turn down covers again with the can-tightener, wrap well in paper, tying it on to exclude all light, label—the gummed labels that can be purchased in book form ready to cut and use are very convenient—and place in fruit closet or cellar. Where one can have a small room in cellar, with one or more windows, place shelves around the sides on which to put stone jars of pickles, preserves, jam, etc. It is nice to make in one corner a fruit closet with a door, and shelves arranged in heights to fit one and two-quart cans and jelly glasses ; then each shelf or part of shelf can be labeled with the fruit or jelly placed upon it. Have in upper part of door a small piece of window wire put in, or two or three augur holes made to admit the air. In lieu of this closet many bury cans

in boxes of sand. Light injures all fruits, but especially strawberries. The place should be dry and dark and *cool*, but where there is fresh air; if too warm the fruit will spoil, as heat makes it ferment and dampness causes mold. Cans should be examined two or three days after filling, and if syrup leaks out from the rim they should be unsealed, the fruit thoroughly cooked and kept for jam or jelly, as it will have lost the delicacy of color and flavor so desirable in canned fruits.

When canning a quantity of fruit, after removing the first lot of cans from the pan of hot water the water must be made tepid before setting in the remaining cans, then heated gradually to boiling again and kept hot until those cans are filled, repeating thus until all are done. If at any time there is not fruit enough to fill a can it may be left standing partly filled in the hot water until more fruit is cooked, then filled and removed like the rest to the hot platter. It is always best to cook a small quantity of fruit, either large or small, at a time (not more than one or two quarts of the large varieties, and two or three of berries) that it may be done evenly. If a large mass is cooked at once that in the bottom will be done sooner than that on top, and if stirred to secure uniformity its shape will be injured. It should also be cooked *slowly* to preserve the form, and the larger fruits after being put in the syrup must be watched very closely and each piece taken out and placed in can as soon as it becomes tender, as some pieces will cook in much less time than others. In canning berries use as little water as possible, and some can successfully without water. To better preserve the form of fruit many place it in the cans raw, cover with a hot syrup and cook by placing in a boiler of water. The same object is attained by first steaming the fruit, and when done carefully removing to the boiling syrup a moment or two, then place in cans when steamed tender, or place at once in cans and fill up with hot syrup, testing by piercing with a silver fork. The cold process has also been successfully tried by good housekeepers, and considering the amount of labor saved is certainly worth an experiment by all. Recipes are given for each method. To clarify sugar for canning break a pound of loaf sugar in small pieces, put on the stove in porcelain-lined or granite ironware vessel with half pint water and well-whisked white of one egg. Have a cup of cold water ready and throw in a little when the sugar begins to rise, skim and let rise thus three times,

skimming until clear, then strain through a flannel bag and when cool bottle for use. Scientists claim that cane sugar when added to boiling fruit is converted to grape sugar which has far less sweetening power than cane sugar, and advise housekeepers to sweeten fruits when brought to table for consumption instead of before canning. When dissolving sugar for syrup it should be stirred constantly to prevent scorching. A good proportion for syrup for canning is one pint sugar to one quart water, which is enough for a two-quart can of fruit.

The flavor of canned peaches is improved by adding two or three whole peaches or dropping in the center of each can a few of the stones. Many leave the stone attached to one half, and others cook a number of stones with the fruit, then blanch as almonds and put meats in the cans. Peaches are sometimes canned whole, and the clingstone varieties are of course always put up in this way. Before peeling with a knife it is well to rub the fuzz off peaches with a coarse towel. Many parboil quinces before peeling. In preparing grapes it is better not to press the skins too closely, to avoid the formation of the disagreeable small particles, or what are called "clinkers," in the canned fruit. As the acid is not fully developed until the fruit is thoroughly ripened this may be avoided also by canning before fully ripe. Currants are nice mixed with an equal weight of raspberries, and pears are improved by adding quinces or lemon peel. Equal quantities of quince and apple canned together will taste as if quince entirely. For ordinary family use quart cans are better for peaches and the larger fruits, two-quart cans for tomatoes and other vegetables, and pint cans for berries. Strawberries keep their color best in stone jars; if glass cans are used for them they should be buried in sand. If syrup is left after canning berries it may while thin be flavored with vinegar, boiled a moment and then bottled and corked for a drink mixed with ice-water; or add the proportion of sugar given in recipes for jellies, allowing for the sugar used in canning, and make into jelly. All skimmings from fruits can be added to the vinegar barrel.

If tin cans which are closed with resin or soldering are used, great care should be taken that none drops into the can, as a single drop of resin will often make the whole can bitter. By covering first with a piece of cloth or white paper cut to fit the top, this will be avoided, and wetting this with brandy or alcohol tends to help

preserve the fruit. On opening tin cans remember to pour all the fruit into an earthen or glass dish. If any part is not used at the time, recook and return to dish, and it will keep for a day or two, many of the less perishable fruits longer. Or if put up in self-sealing glass cans the fruit or vegetables left over will keep a day or two by simply returning to the cans, screwing on the cover and setting in refrigerator. Wines, cider, shrubs, etc., must be bottled, well corked, sealed, and the bottles placed on their sides in a box of sand or sawdust. To can maple syrup, pour hot into cans or jugs and seal well. Quinces, pears, citrons, watermelon rinds and some of the smaller fruits, such as plums, cherries, currants, etc., harden when put at first into a syrup of their own weight of sugar. These should first be boiled tender in water, or in a very weak syrup, and the rest of the sugar added afterward. Fruits which become soft too readily and fall to pieces may be hardened a little by pouring the hot syrup over the fruit, or strewing part of the sugar over it and letting it stand awhile to draw out the juice; or it may be skimmed out of the syrup after cooking a few minutes, placed in the sun two or three hours, and the boiling syrup poured over it afterward. As many recipes for canning give proportions in pounds, the table of weights and measures in back part of book will be found a convenient reference when scales are not at hand. A bushel of peaches makes about twelve or thirteen quarts, and pears almost twice as many as peaches; a bushel of either blackberries, blueberries or raspberries makes about nineteen quarts, and strawberries about sixteen or seventeen. The above estimates are given from tests, but no really definite rule can be given, as some use more or less syrup in canning, and a great deal depends upon the ripeness of fruits. In opening a can without the can-tightener, as that answers for opening self-sealers if hard to open, insert the point of a thin-bladed pen-knife or other instrument beneath the rubber and push it in towards the neck, which lets in the air, and the top can then be readily unscrewed. When not in use the rubber rings may be left in, not on, cans, but the tops *should not be screwed on*, as the cans will become musty if kept closed. Keep the covers (best place also for rubbers) in a box or basket near the cans. Those who use tin cans advise throwing them away after the second year, as the fruit acids damage the tin. All cans, jars or bottles, should be carefully washed as soon as emptied, taking care that the stoppers and covers

have their share of attention. It is well to put soda or ammonia into the jars or bottles, fill up with water, and let stand an hour, putting the stoppers or covers into a bowl to soak in the same way. Then pour out and scald nicely, but not with boiling water, as that cracks the polished surface inside; wipe dry, set in the sun or wind to air, and then set away carefully. It is often difficult to remove the tops of glass jars when screwed on, on account of the slippery nature of the glass. The holder represented in the cut will be understood at a glance. It clasps and holds the jar without danger of breaking it.

The following table gives the time required for cooking and the quantity of sugar to the quart for the various kinds of fruit. By observing these rules and the general directions given above any fruit may be successfully canned. However, for convenience, a number of valuable recipes are appended.

	Time for boiling fruit.	Quant. sugar to qt.		Time for boiling fruit.	Quant. sugar to qt.
Bartlett pears, halved.....	20 min	6 oz	Quinces, sliced.....	30 min.	10 oz.
Blackberries.....	6 "	6 "	Raspberries.....	6 "	4 "
Blueberries.....	5 "	5 "	Ripe Currants.....	6 "	8 "
Cherries.....	5 "	6 "	Siberian crab-apples.....	25 "	8 "
Gooseberries.....	8 "	8 "	Small sour pears, whole...	30 "	8 "
Peaches.....	8 "	4 "	Sour apples, quartered.....	10 "	6 "
Peaches, whole.....	15 "	4 "	Strawberries.....	8 "	8 "
Pie-plant, sliced.....	10 "	8 "	Tomatoes.....	30 "	none.
Pine-apples, sliced.....	15 "	6 "	Whortleberries.....	5 "	5 "
Plums.....	10 "	10 "	Wild Grapes.....	10 "	8 "

A quart of stemmed currants or berries by measure weighs one and a quarter pounds.

Canned Blackberries. (Without water.)—Place fruit in preserving kettle, sweeten as for eating, or add sugar according to above table, let stand on back of stove until dissolved, then draw gradually to the front, keep at boiling point long enough to thoroughly cook the fruit, skimming well, and can as previously directed. All berries may be put up in this way, blueberries requiring less sugar than other varieties, and some can *Peaches* and *Pears* thus.

Canned Gooseberries.—Put berries into wide mouthed bottles, cork or put on covers, and set in a vessel of cold water on the stove until it boils. Do not boil long enough to break the berries. Take usual precautions in sealing. Will keep a year in a dry place. Or, prepare and place in a large pan, pour boiling water over them, let stand until cold; fill jars as full as you

can, pour boiling water over them, be sure it covers the berries, then seal. You will find berries as solid as when first gathered.

Canned Grapes.—Pick grapes off stems, wash in cold water and squeeze the pulps into an earthen dish or preserving kettle, throwing skins into another. Boil skins with a very little water until tender, and pulps until seeds separate, then strain through a colander (to remove seeds) into dish with the skins. Add sugar to taste, or half as much sugar as fruit, stew and can as other fruits. To can *Green Grapes* halve them, extract the seeds with a small knife, sweeten, cook as above, and can.

Canned Peaches. (With vinegar.)—Pour boiling water over one peck of large clingstone peaches to remove the fuzz; make a syrup of three pounds sugar and one pint vinegar, using a little water if required to cover the peaches; cook until pretty soft, and can as usual.

Canned Peaches.—Have one porcelain kettle with boiling water and another with a syrup made sweet enough with white sugar for the peaches, well skimmed, or clarified according to directions in preface; pare, halve, and drop the peaches into the boiling water, let remain until a silver fork will pierce them, lift them out with a wire spoon, fill can, pour in all the boiling syrup the can will hold, and seal immediately. Continue in this way, preparing and sealing only one can at a time, until done. Or, rich proportions for the same recipe are seven pounds sugar and seven gills boiling water for the syrup, sweetening the water in which peaches are cooked, using two pounds sugar to three quarts water. Boil down the water in the first kettle with the syrup if any is left; if not, add more sugar and quite a nice marmalade will result. This manner of canning peaches has been thoroughly tested, and is pronounced by the experienced the best of all methods.

Canned Peaches.—When wanted extra nice for prize competition, or for use on "state occasions," select with great care fruit of uniform size and shape *and all perfect*. Peel with a thin sharp silver fruit knife, which does not discolor, dropping as soon as pared into an earthen vessel of water to prevent the air from darkening them. As soon as fruit enough for one can is pared put up by laying piece by piece in the can, turning the inside of halves from which stones were removed, outward, which gives a handsome appearance, and fill up with syrup as clear as crystal, placing the cheese-cloth strainer over the filler. Screw on covers without the rubbers, stand cans in wash-boiler on slab or a board perforated with holes, or a folded towel with a towel between them (some use straw or hay), fill up with cold water to within two or three inches of top of cans, gradually bring to a boil and boil fifteen minutes. Draw to back of stove to let steam pass off, roll the hand in a towel, lift cans

out and place on hot platter. Take off covers and let out air bubbles with a knife, as directed in preface. The fruit will settle some and the contents of one or two cans will be needed to fill up the others; prepare for this purpose nearly a fourth more cans. Fill up, put on rubbers, seal and put away according to previous directions. The same process may be used for canning all kinds of fruit.

Canned Peaches.—Prepare peaches and weigh out half a pound best loaf sugar to each pound fruit. Sprinkle a little sugar in a deep earthen bowl, put in a layer of peaches, then one of sugar, and so alternate until closely packed, covering top with sugar; cover lightly and let stand ten or twelve hours. Drain juice off into preserving kettle, let come to a boil, put in peaches, and as fast as pieces swell sufficiently take out with silver fork and place in air-tight glass jar. When filled pour the boiling syrup over, filling to top and seal at once. Peaches and other fruits prepared in this way have been kept three or four years.

Canned Peaches. (Cold).—Pare and halve peaches and pack closely as possible in cans without sugar, and pour in enough cold water to fill to brim. Let stand long enough for water to soak into all crevices—six hours or so—then let out air bubbles with a silver knife, fill up again with cold water and seal. Canned thus, peaches retain all their freshness and flavor. A cold syrup may be used instead of water if preferred, but peaches taste most natural without sweetening. Can pears same way.

Canned Peaches. (Steamed).—After peeling, seed and place in a steamer over a kettle of boiling water, first laying a cloth in bottom of steamer; fill about half full of fruit, cover tightly, make a syrup in a porcelain kettle for fruit alone, let the fruit steam until it can be easily pierced with a silver fork, drop gently for a moment into the hot syrup, place in the cans, fill, cover, and seal. The above recipe is for canning a few at a time. This recipe, applies equally well to pears.

Canned Peaches.—Pare, halve and seed; make a syrup of a pint granulated sugar to a quart water (enough for two quart-cans) place on stove in porcelain kettle and when syrup boils, skim, and drop in enough fruit (two quarts halved peaches) for a one-quart can; watch closely, test and can as in general directions. Add more peaches to the hot syrup for next can, and repeat the operation. If there are more peaches than will fill the can, place them in another can and keep hot until more are ready, and so on until all are canned. Apples may be canned in the same manner.

Canned Pears.—Prepare and can precisely like peaches in preceding recipes except that they require longer cooking. When done they are easily pierced with a silver fork. Some add a half pint peeled and quartered quinces to every two quarts halved pears; cook

quinces fifteen minutes before adding pears. More quinces may be added, but the above is an excellent proportion for *Pears With Quinces*.

Canned Pie Plant.—Cut pie plant in pieces two inches long, put over a slow fire with its weight in sugar; when sugar is dissolved let boil slowly until clear, but do not cook long enough to become dark colored. Put up in air-tight cans.

Canned Pie Plant. (Cold).—Skin and cut as for pie, fill glass cans full as possible, shaking down while packing, then fill up with pure fresh cold water, let stand a little while and expel the air, add more water, then screw on covers. No cooking or heating. *Will keep perfectly*, and fruit will be as nice and fresh when opened as if just brought from garden.

Canned Pine-apple.—Peel and slice, or pick to pieces with silver fork, make syrup in proportion of three-fourths pound best white granulated sugar and one cup water to each pound fruit, boil five minutes, skim or strain, add the fruit and let it boil (cooking long discolors it); have can hot, fill and seal up as soon as possible. Or, peel and grate on coarse grater, rejecting cores; using above proportions, put in an earthen vessel sprinkled with sugar, first a layer of fruit, then a layer of sugar, thus alternating until all is used. Cover, let stand overnight, and in the morning bring to a boil, boil *one* minute and can immediately.

Canned Pine-apple.—Pare and be careful to cut out the eyes, chop fine, weigh, and add to it same weight of sugar; mix thoroughly, let stand twenty-four hours and (without cooking) fill cans *full* and seal tight. Look at them in about two weeks, and if there are signs of working, pour into a kettle, heat through and put back into cans.

Canned Plums.—Wash and put whole into a syrup made in the proportion of a pint water and a pound sugar to every two pounds fruit; boil eight minutes, can, and seal immediately. If pricked with a fork before placing in syrup they will be less liable to burst. Cherries, damsons, and green gages are canned in same way. The large white plums must be skinned by using the dipping process as for peaches.

Canned Plums.—Wipe good sound fruit with a cloth and place carefully in cans; pour boiling hot water over them and seal while hot. Grapes put up in same way are nice for pies.

Canned Quinces.—Pare and quarter the fruit, and take out all the cores and the hard place around them. Boil the fruit in clear water until tender, then spread on towels to dry. For one pound fruit allow half pound sugar and one pint water for three pounds sugar. When syrup is boiling hot put in fruit, and let it cook very

slowly; or, set back on the stove so that it hardly cooks at all, and keep on for an hour or more, if you can without its cooking to pieces—as the longer it cooks, the brighter red color it will be. Put it in jars and strain the syrup over it, as with other fruits. Can *Apples* or *Pears* at same time and add to them when first put on a half pint quinces (and juice) cooked in syrup as above half an hour.

Canned Strawberries.—Fill quart can with berries, add water till full, pour it out, measure and for every ten cans, take eleven measures water; add three pounds of sugar and cook ten minutes, Fill jars with fruit, pour nearly full with above syrup and cook in boiler as directed in third receipt of Canned Peaches; After water begins to boil cook nine minutes, remove boiler from fire, take out each can as directed, fill full with the hot syrup, fasten air tight, set back in boiler till water is cold, then refasten perfectly tight and put away. *Peaches* or any fruit canned same.

Canning Vegetables.

All vegetables intended for canning should be *perfectly* fresh—especially is this true of corn—and of the best quality. To prepare corn, cut with a sharp knife through the center of every row of grains, and cut off the outer edge; then with the back of the blade push out the yellow eye, with the rich, creamy center of the grain, leaving the hull on the cob. Or, simply cut off with a knife, being careful not to cut too close to the cob, and scrape down the cob with the back of the knife to get all the rich milk. Remove the skins from tomatoes in the usual way, by covering with boiling hot water, but do not let them stand in the water but a moment or two or they will be softened more or less, and if to be canned whole their shape will be injured. A bushel of tomatoes makes about twenty quarts. Peas and beans should be shelled *just before* canning. String-beans are prepared as for ordinary cooking. The very complete directions given in “Canning Fruit” preface for preparing, filling, sealing and putting away cans should be consulted and followed in canning vegetables. Especial care should be taken to exclude the light from tomatoes, as it causes the formation of citric acid, which no amount of sugar will sweeten. For this reason many prefer earthen or tin cans for tomatoes, but they can be put up successfully in glass, when they should be buried in sand or oats; or simply wrapped in paper and set away in a box or cupboard in a

dry, cool cellar they keep perfectly. When put up in tin all vegetables must be turned out as soon as the can is opened. If the whole is not used the remainder may be kept a day or two by salting slightly and placing in refrigerator. If put up in glass set away in can.

Canned Beans.—Take Lima, butter or caseknife beans, cook as for the table, boiling one hour; season with pepper and salt and fill jars quite full, seal carefully as directed, and they will keep the year round.

Canned Corn.—Dissolve an ounce tartaric acid in half cup water and take one tablespoon to two quarts sweet corn; cook, and while boiling fill the cans. When used turn into a colander, rinse with cold water, add a little soda and sugar while cooking, and season with butter, pepper and salt.

Canned Corn.—Cut sweet corn from cob, put a handful or two into the can, then a pinch of salt, also a pinch of sugar; take a potato masher or any thing else convenient that will go in the can, and press corn down as close as possible, then repeat putting in corn, salt and sugar as before until the can is full; seal up and set away with other fruit. Be sure and not put in any more salt than is required for seasoning when cooked. To cook it, simply turn from the bottle and cook as you would fresh corn. Or cut the corn from cob, pack in glass cans, pound the corn as hard as possible without breaking cans; screw on top but not tight. Put on boiler with cold water and proceed as in third recipe for peaches. After putting on rubbers, screw tight, put back into the water, set the boiler off the stove; let the cans stand till morning, take out, tighten the covers, and keep in a dark place. Can *Peas* and *Beans* same way.

Canned Corn.—Pick sweet corn when milk-ripe, or if bought, have as *fresh as possible*; cut from the cob and scrape to get the juice, fill tin cans and seal air-tight, surround with straw to prevent striking against each other, and put into a boiler over the fire with enough cold water to cover. Heat the water gradually and when they have boiled an hour and a half, puncture the tops of the cans to allow the escape of gasses, then seal them immediately while they are still hot. Continue to boil them for two hours and a half. In packing the cut corn in the can the liberated milk and juices surround the kernels, forming a liquid in which they are cooked. *Peas* and *Beans* are canned same way.

Canned Corn and Tomatoes.—Scald, peel and slice tomatoes, (not too ripe) in the proportion of two-thirds tomatoes to one-third corn; put on in a porcelain kettle, let boil half an hour, and can immedi-

ately in tin or glass (if glass keep in the dark). Some take equal parts of corn and tomatoes, preparing them as above. Others, after cutting the corn from the cob, cook half an hour in custard kettle; prepare the tomatoes as above, cooking in a separate kettle twenty minutes, adding the corn in the proportion of one-third corn to two-thirds tomatoes, mixing well until they boil up once; then can as in general directions.

Canned Pumpkin.—Peel, scrape the pulp and seeds, cut in small pieces, put in a close-fitting steamer and steam two hours; then put in a kettle; to every quart add two ounces sugar, boil five minutes and can. Or, after peeling and removing seeds cut into pieces three or four inches square, stand in oven on the rind and bake until done, when it will peel out of the shell easily. Then mash and can while hot, sealing as fruit. Cannot be told from fresh.

Canned String-Beans.—String fresh string-beans, break in several pieces, cook in boiling water ten minutes, and can like tomatoes.

Canned Succotash.—Cook Lima beans and corn as for eating in the proportion liked, either half and half, or with a less quantity of beans, and can.

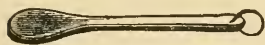
Canned Tomatoes.—The tomatoes must be entirely fresh and not over-ripe; pour over them boiling water, let stand a few minutes, drain off, remove the skins, and slice in small pieces into a stone jar, cutting out all the hard or defective portions; some add a little salt; cook for half an hour, or as for eating, in their own juice, skimming off the scum which rises, and stirring with a wooden spoon or paddle; can and seal as in general directions; put up in glass, wrap in paper and keep in dark place. Tin or stone cans may be used.

Canned Tomatoes.—Take ripe, round, firm tomatoes, freshly gathered and not too large to go into the mouth of cans. Prepare only enough at one time to fill one or two cans and drop them at once into the preserving kettle in which should be ready some tomatoes cut fine. Boil until heated through, then put into cans, filling up with the cut tomatoes in which they were cooked and seal.

Canned Tomatoes.—Skin tomatoes as usual, place on sieve to drain and pack as solidly as possible in cans; then set cans in boiler of cold water, heat up and boil half an hour, and fill and seal as in third recipe for peaches.

CATSUPS AND SAUCES.

These require perfect fruit and must always be cooked in granite or iron ware, and never in brass. Bottle in glass or stone and never in tin. Keep in the dark, and the cooler the better, provided they do not freeze. A leathery mold on the top is not an indication of injury. Remove it carefully and the catsup will not suffer in



Paddle.

flavor. To prevent it from forming, do not quite fill can and then pour in hot vinegar to complete filling. When spoiled, white specks of mold appear all through the body of the catsup. After opening a can and using a part, if the rest is not likely to be used soon, it is well to scald, and if too thick add vinegar. Prepare all sauces in a clean bright pan, which should be set in hot water. If the sauce is drawn butter these points are especially necessary; or the custard kettle will be found convenient, as the stock or other foundation may first be heated quickly by putting the inner kettle on the stove, and when other ingredients are added and there is danger of burning, place again in the outer kettle made ready with boiling water. Butter and those sauces containing eggs should never boil. In making catsup, instead of boiling, some sprinkle the tomatoes with salt and let them stand overnight, then strain and add spices, etc., and a little sugar. Wooden spoons or paddles must be used for stirring. A set of paddles of different sizes will be found convenient for stirring sauces, gravies, mushes, and many other dishes, and will not scratch or mar the kettle or pan. When necessary to scrape down the sides of kettle

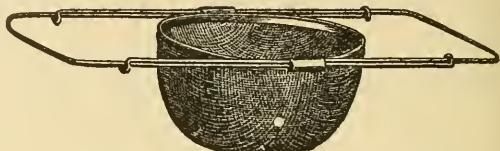


Spatula.

in which catsup or other mixtures of like character are being cooked, an artist's spatula will be found the best utensil and should be provided in every kitchen rather than destroy the temper of sharpened knives by heat.

The pulp of fruits is used for the foundation of all catsups and wonderfully retains the flavor, notwithstanding all the ingredients added.

Use a fine wire sieve or strainer in their preparation—the extension



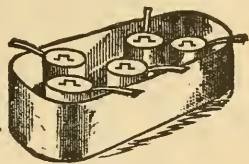
Extension Strainer.

strainer is the most convenient—and a good rule is to allow for every quart of the juicy pulp one pound sugar, two blades mace, three of cinnamon, one teaspoon each whole cloves and pepper corns; boil all down one-third, then skim out spices, add sugar, boil till thick, reduce to a proper consistency with vinegar, and bottle for use. This applies to cherries, plums, grapes, and all kinds of berries.

The preparation and appearance of sauces and gravies are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them perfectly, and in serving do not pour over but around the meat. Sauces should possess a decided character, and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavored as to make them too piquant on the one hand, or too mawkish on the other. Brown sauces, generally speaking, should scarcely be so thick as white sauces, and it is well to bear in mind that when intended to mask the various dishes of poultry or meat, they should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For browning and thickening sauces, etc., browned flour may be properly employed. The caramel coloring answers very well for sauces and gravies, but when they can be made to look brown by using browned flour, catsup, tomatoes, or any color sauce, it is far preferable. As, however, in cooking so much depends upon appearance, perhaps it would be as well for the inexperienced cook to use the caramel. When no browning is at hand to heighten the color of sauce, dissolve a lump of sugar in an iron spoon over a sharp fire;

when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavor.

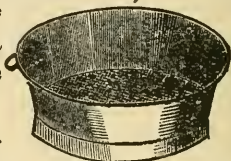
Gravies and sauces should be sent to table very hot, and there is all the more necessity for the cook to see to this point, as from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. The *bain marie* will be found almost indispensable for this purpose. This is a large open vessel kept filled with hot (not boiling) water at the back of the stove or range or in some warm place. In this several stewpans, or large tin cups with covers and handles, are fitted which are intended to hold all the cooked dishes that are to be kept hot until the rest of the dinner is ready to serve. When a dinner is delayed, there is no better way of keeping all dishes hot, and preserving their flavor. If a *bain marie* is not among the cooking utensils a large dripping-pan of hot water will be found a very good substitute, or lay two or three bricks on back of stove or range on which to set sauces, vegetables, etc., until ready to serve.



Bain Marie.

Those sauces of which cream or eggs form a component part should be well stirred as soon as these ingredients are added to them, and must never be allowed to boil, as they would instantly curdle. White pepper is a much nicer seasoning than black for sauces and all fine cooking, as it does not color and has not so pungent a flavor. An excellent thickening for soups, sauces and gravies is prepared as follows: Bring butter just to the boiling point in a small stewpan, dredge in flour, stirring together until well cooked. This, when not cooked brown, is "White Roux," and when browned, "Brown Roux." Thin this with a part of the soup, sauce or gravy, and add it to the whole, stirring thoroughly. The flour may be browned before using if intended for brown gravies or sauces. A richer thickening is made in the proportion of the yolks of three eggs to eight tablespoons milk or cream. Beat the yolks, add the milk and strain through a fine sieve. When adding to the sauce it must be stirred during the whole time or the eggs will curdle, and the mixture should only just simmer, not boil. If sauce is lumpy after adding thickening rub again through a sieve. Melted butter or American Cooking Oil may be used in place of oil in all

recipes in which the latter is named. Sauces may also be thickened with potato flour, ground rice, baked flour, arrowroot, etc.; the latter will be found far preferable to ordinary flour for white sauces. Milk or water may be used instead of stock in sauces, but the latter is better, giving a finer flavor, though milk is richer. When any green coloring is used if lemon juice is to be added it should not be put in until just before sending to table. Any flavored vinegar preferred may be used instead of the plain. An English salt sold by most grocers is best for seasoning sauces and all cooking, giving a more delicate flavor, with none of the fishy taste found so objectionable in most salt. Where a sieve is to be used in making sauces, use the puree sieve.



Puree Sieve.

Herbs for seasoning are usually dried during the summer. The best kinds are sage, thyme, sweet marjoram, tarragon, mint, sweet basil, parsley, bay leaves, cloves, mace, celery seed and onions. If the seed of any of the seven first mentioned is planted in little boxes on the window sill, or in a sunny spot in the yard, all needed can generally be raised. Gather and dry as follows: Parsley and tarragon should be dried in June and July, just before flowering; mint in June and July; thyme, marjoram and savory in July and August; basil and sage in August and September; all herbs should be gathered in the sunshine, and dried by artificial heat; their flavor is best preserved by keeping them in air-tight tin cans, or in tightly-corked glass bottles. Mint, when used in recipes, usually means "spearmint" or "green mint," though pennyroyal and peppermint are of the same family. The young leaves of from one to six inches in length are the parts used. It grows on any good garden soil, but comes forward earlier in a warm, sunny spot. It is propagated by cuttings or dividing the roots of old plants in the spring, is very prolific, and ought to find a place in every garden. Those who have conservatories should keep a root in pots, to use with spring lamb before the leaves would appear in the open air. Mint leaves for drying should be cut from the stalks just before the plant blossoms, and spread out thinly in some dry, shady place, where they can dry slowly. When dry, put up in paper bags and keep in a dry place until wanted. Celery seed is a very nice addition to the flavoring of sauces, and may be used instead of the fresh celery when the latter is out of season. Pickled

nasturtium seed, for which a recipe is given under Pickles, will be found a good substitute for capers and is often used. Gherkins, (small cucumber pickles) cut in small pieces, are also used instead of capers when the latter are not obtainable. When drawn butter is used in the composition of sauce to which lemon juice or vinegar is to be added, always make it with water, never with milk, as the combination of the latter with the acid would be most unwholesome.

The common practice of preparing mustard for the table with vinegar, or still more, with *boiling* water, materially checks the development of those peculiar principles on which its pungency or strength almost entirely depends, and cold water may cause it to ferment. It should therefore be mixed with water that has been boiled and cooled to lukewarm. Put the mustard in a cup with a small pinch of salt and mix with it very gradually sufficient water to make it drop from the spoon without being watery. Stir and mix well, rubbing the lumps down with the back of a spoon until smooth, and do not add flavoring until this paste is made. Mustard is much better freshly made, and only a small quantity should be mixed at once.

Barberry Catsup.—Three quarts barberries stewed and strained, four quarts cranberries, one cup raisins, a large quince and four small onions, all stewed with a quart of water and strained. Mix these ingredients with the barberries and add half cup vinegar, three-fourths cup salt, two cups sugar, one dessert-spoon each ground clove and ground allspice, two tablespoons each black pepper and celery seed, and one of ground mustard, one teaspoon each cayenne, cinnamon and ginger, and a nutmeg. Let the whole boil one minute; if too thick add vinegar or water. With the quantities given about three quarts of catsup can be made.

Cherry Catsup.—One pint pure cherry juice, half pound sugar, teaspoon each ground cloves and cinnamon. Boil to thick syrup and bottle.

Cucumber Catsup.—Peel, seed and grate on coarse grater, one dozen large green cucumbers; put the pulp in a large towel and wring out all moisture that can be extracted; peel and grate or chop fine four large onions and mix with the grated cucumber, adding one ounce celery seed, heaping teaspoon white pepper, tablespoon salt, half pint salad oil or American Cooking Oil, and sufficient vinegar to make as thin as ordinary catsup. When all are thoroughly

blended put into wide-mouthed glass jars, put a teaspoon oil in top of each jar and seal air tight; or peel and chop three dozen cucumbers and eighteen onions very fine; sprinkle over them three-fourths pint table salt, put the whole in a sieve and let drain overnight; add a cup mustard seed, half cup ground black pepper, mix well, and cover with good cider vinegar.

Currant Catsup.—Take juice of five pounds of currants, three pounds sugar, one pint vinegar, two tablespoons ground cinnamon, one each of cloves, allspice and black pepper, one grated nutmeg and a pinch of salt. Cook one-half hour.

Elderberry Catsup.—Pick from the stalk as many ripe elderberries as are wanted to put down, put into a stone jar with enough strong vinegar to cover them, bake in a hot oven three hours and strain while hot. Boil the liquor thus obtained with cloves, mace, peppercorns and four or five shallots, enough to give a considerable flavor; taste, and when flavored as liked, put in one-half pound of the best anchovies to every quart of liquor; stir and boil only until dissolved; bottle in pint bottles and cork carefully, sealing by dipping corks in hot sealing-wax.

Grape Catsup.—Boil and strain five pounds grapes through a colander, add to the juice one pint vinegar, two and a half pounds sugar, one tablespoon each ground cinnamon, cloves, allspice, pepper and half tablespoon salt. Boil again until a little thick, bottle and seal.

Lemon Catsup.—One pound and a quarter of salt, quarter of a pound of ground mustard, one ounce each of mace, nutmeg, cayenne and allspice, one gallon of cider vinegar, eight or nine garlic cloves, fifteen large lemons; slice the lemons, add the other ingredients, let simmer from twenty to thirty minutes, place in a covered jar, stir every day for seven or eight weeks, strain, bottle, cork and seal.

Liver Catsup.—Rub a very fresh beef liver thoroughly with rolled salt and place it in a vessel that will not crush it; turn and rub thoroughly for ten days, then mince into small dice and boil in a gallon of water closely covered until reduced to three quarts; strain through a sieve and let settle till next day; add one ounce each ginger and allspice and two ounces whole black pepper, and boil slowly until reduced to three pints. When cold bottle and keep well corked.

Oyster Catsup.—Procure oysters very fresh and open sufficient to fill pint measure; save the liquor and scald the oysters in it with one pint good cider, strain the oysters and put them in a mortar with a tablespoon salt, one drachm cayenne, and two drachms pounded mace; pound the whole until reduced to a pulp, then add to it the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve and when cold, bottle and cork closely. The corks should be sealed.

Pepper Catsup.—Take four dozen large red pepper-pods, three quarts vinegar, three tablespoons grated horse-radish, five onions and one clove garlic. Boil until soft, and strain through a sieve. Then add two tablespoons each of black pepper, allspice, mace, cloves and salt. Boil again ten minutes; then bottle. Some add one quart tomatoes and one cup sugar.

Plum Catsup.—To three pounds fruit take one and three-fourths pounds sugar, one tablespoon each cloves, cinnamon and pepper, and a very little salt; scald and put plums through the sieve; then add sugar and spices and boil to right consistency. Some add a gill of vinegar.

Tomato Catsup.—Stew and strain four quarts unpared, sliced tomatoes, add two tablespoons each salt, mustard and black pepper and quarter tablespoon cayenne, more or less as liked, cup of brown sugar and pint vinegar. Boil to the consistency of cream, watching carefully to prevent burning, then set on back of stove and add half a tablespoon each of cinnamon and cloves and a pint of currant jelly, mixing thoroughly; can or bottle while hot. Horse-radish bottles or any small, wide-mouthed bottles are best for this purpose; seal with corks and dip in sealing wax. This will keep two years.

Walnut Catsup.—Procure one hundred walnuts at the time when you can run a pin through them, slightly bruise, and put them into a jar with a handful salt and one quart vinegar; let them stand eight days, stirring every day, then drain the liquor off them, add one-fourth ounce each mace, nutmeg, cloves, ginger, and whole black peppers, small piece horse-radish, twenty shallots, or onions, and one-fourth pound anchovies, and boil half an hour. It may be strained or not as preferred, and if required a little more vinegar can be added according to taste. Bottle and seal.

Almond Sauce.—Blanch and pound sweet almonds and add enough white stock to make it of the consistency of thickened gravy. Pour over boiled mutton-chops.

Anchovy Sauce.—Bone four anchovies and pound them in a mortar to a paste with one ounce butter. Melt a half pint butter and when hot stir in the pounded anchovies and cayenne to taste, simmer three or four minutes and if liked add a few drops of lemon juice. A quicker and easier way of making this sauce is to stir one and one-half tablespoons anchovy essence into one-half pint drawn butter, add a little lemon juice and seasoning to taste; boil one minute and serve. Less of the essence may be used if thought too strong. Serve with baked fish.

Apple Sauce.—Pare, core and quarter tart apples, throwing into cold water until all are pared, to preserve their whiteness; put them

in a saucepan with sufficient water to moisten them and boil till soft enough to pulp; beat them, adding a small piece butter, and some like a little sugar and nutmeg. Serve with roast pork, goose, or duck. May be colored, if desired, with beet root, cochineal, or a little spinach juice. To make *Brown Apple Sauce*, cook the apples in half pint brown gravy and finish as above, leaving out sugar, and seasoning with cayenne instead of nutmeg.

Asparagus Sauce.—Break a bundle of green asparagus in the tender part, wash well and put into boiling salt water, to render green; when tender take out, put into cold water and drain on a cloth until all moisture is absorbed. Put one tablespoon fresh butter in a saucepan with a small bunch parsley and three or four green onions; lay in the asparagus and fry the whole over a sharp fire five minutes; add salt, a large lump sugar and four tablespoons white stock and simmer another five minutes; rub all through a sieve and if not a good color use a little spinach coloring. This sauce should be rather sweet.

Bread Sauce.—Put giblets of a fowl with the neck and legs in a saucepan with one onion, twelve whole peppers, one blade mace, salt to taste, and rather more than a pint water; let simmer one hour, strain the liquor over three-fourths pound bread crumbs, cover and leave one hour where it will keep warm, then beat up with a fork until nice and smooth; boil three or four minutes, stirring until rather thick, add three tablespoons melted butter or cream, and send to table hot with roast fowl or game. A nice way of serving is to fry coarse crumbs a light brown in tablespoon very hot butter, stir over hot fire two minutes without burning. Cover the breasts of roasted birds with these, and serve the sauce poured around the birds, or in a gravy dish. Add the chopped giblets for *Giblet Sauce*. Another good bread sauce can be made by placing a sliced onion and six peppercorns in a half pint milk over boiling water until onion is perfectly soft; strain it over a half pint grated bread crumbs without crust and leave it covered for an hour; beat it smooth, add pinch of salt and two tablespoons butter rubbed in a little flour; add enough sweet cream or milk to make it the proper consistency and boil a few minutes. It must be thin enough to pour.

Caper Sauce.—To a pint drawn butter sauce add three tablespoons capers, either whole or chopped once or twice; a hard boiled egg chopped fine may be added, or just after taking from fire stir in yolk of an egg beaten with teaspoon water. If to be served with fish flavor with teaspoon each lemon juice and essence of anchovy. Or chop two tablespoons capers and add them to a half pint drawn butter, with piece of lemon, teaspoon Worcestershire sauce and a pinch cayenne; put on fire and simmer a few minutes; mix a teaspoon flour with a very little cold water and add to sauce. *Mutton Caper Sauce* is made as follows: Fifteen minutes before

the mutton is done melt two tablespoons butter in a saucepan, stir into it one tablespoon flour; when thoroughly mixed add half a pint of the liquor in which the mutton is boiling, and half a pint of milk, season with pepper and salt, cook a few minutes, and just before serving (in order that their color may not be lost by standing) add two heaped tablespoons capers. Never let sauce boil after adding capers.

Celery Sauce.—Cut the tender parts of a head of celery very fine. Pour on water enough to cover them, cover the sauce pan and set where it will simmer one hour; mix two tablespoons flour and four of butter; when the celery has boiled one hour add to it the butter and flour, one pint milk or cream, season to taste, boil up once and serve with roast duck, or roast or boiled fowl.

Chestnut Sauce.—Take one half pound shelled chestnuts, and put them into boiling water for a few minutes; throw into cold water, take off thin inside skin and put them into a saucepan with half pint white stock and two strips lemon peel, or a teaspoon juice, and let them simmer an hour and a half, or until chestnuts are quite tender. Put the whole through a hair sieve with a wooden spoon, add seasoning of cayenne and a gill of cream; let it just simmer, but not boil, and keep stirring all the time. Serve very hot and quickly. If milk is used instead of cream, two teaspoons butter and one of flour will be required; melt butter, stir in flour, and when smooth add to the mixture. If sauce is not perfectly smooth rub again through a sieve. To make *Brown Chestnut Sauce* take same proportions, using any soup stock, or the broth from the fowl, if boiled, stirring butter and flour over the fire until browned or adding a teaspoon caramel coloring. Serve either of the above sauces with roast turkey or other roast or boiled fowl.

Crab Sauce.—Choose a nice fresh crab, pick all the meat away from the shell, and cut into small square pieces. Make a half pint drawn butter, put in the fish and season with salt, pounded mace and cayenne to taste; let it gradually warm through and simmer two minutes. It should not boil. Almost equals lobster sauce and served the same.

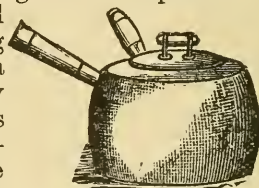
This latter sauce is nice prepared with pint Hollandaise Sauce to which is added the claw of a boiled lobster, cut in small dice, boiled a few moments and served.

Currant Sauce.—Half an hour before venison is done pick over an ounce of dried currants, wash them well, put them over the fire in half pint hot water and boil them fifteen minutes; then add two heaping tablespoons bread crumbs, one of butter, a palatable seasoning of salt and pepper, and six whole cloves, and boil the sauce gently; just before serving it add a tablespoon currant jelly beaten with a cup water or stock, or gravy from the game. Serve with venison or other game.

Currant Jelly Sauce.—Three tablespoons butter, one onion, one bay leaf, one sprig celery, two tablespoons vinegar, half cup currant jelly, one tablespoon flour, one pint stock, seasoning. Brown butter and onion, add flour and herbs, then the stock, and simmer twenty minutes. Strain, skim off the fat, add the jelly and stir over the fire until melted; serve with game.

Curry Sauce.—One tablespoon each butter and flour, one teaspoon curry powder, one large slice of onion, one large cup stock, salt and pepper to taste. Cut the onion fine and brown in the butter, add the flour and curry powder, stir one minute, add the stock and season to taste. Simmer five minutes, strain and serve. Good with a boil or saute of fish or meat.

Drawn Butter Sauce.—Rub two tablespoons butter into half a tablespoon flour, beating to a cream, adding, if needed, a little salt; pour on it half a pint boiling water or milk, stirring it *one way* rapidly, and taking care not to let it *quite* boil, as boiling makes it oily and unfit for use. The boiling may be prevented by cooking in the custard kettle as heretofore suggested, or placing the saucepan in a larger one of boiling water, covering and shaking frequently until it reaches the boiling point. Now pass through a sieve and stir in a tablespoon butter cut in pieces. If necessary to reheat, return to custard kettle. This makes one pint sauce. If liked acid, a few drops vinegar or lemon juice may be added just before serving. In the thickening of all sauces, let it be remembered that butter and flour should be well cooked together before the sauce is added, to prevent the flour from tasting uncooked. In butter sauces, however, only enough butter should be used to cook the flour, adding the remainder cut in pieces after the sauce is taken from the fire. This preserves its flavor. An excellent *Pickle Sauce* is made by adding two tablespoons finely chopped pickled cucumbers to drawn butter sauce prepared as above. Or, make with cream and add boiled cauliflowers cut with vegetable cutter, for *Cauliflower Sauce*, excellent with boiled fowl. Another good sauce for fowl is the *Lemon Sauce*, made by adding to the drawn butter sauce the chopped inside of a lemon (without the seeds) and the liver of the fowl chopped fine. A great variety of sauces which are excellent to eat with fish, poultry or boiled meats can be made with the drawn butter sauce by adding different herbs, such as parsley, mint or sweet marjoram. First throw them into boiling water, cut fine, and they are ready to be added, when serve immediately with two hard-boiled eggs chopped fine. This makes a nice sauce to serve with baked fish. The chopped inside of a lemon without the seeds, to which the chicken liver has been added, makes a good sauce for boiled chicken.



Custard Kettle.

Eg Sauce.—Put one cup each water and milk on fire to scald, and when hot stir in tablespoon flour, previously mixed smooth with a very little cold water, add three eggs well beaten and strained, season with salt and pepper, two tablespoons butter and a little white vinegar; do not let boil after eggs are put in; boil four eggs hard, slice and lay over the dish; a little nutmeg and a few thin slices of lemon are sometimes added; pour over sauce, and serve with boiled fish. Or, take yolks of two eggs boiled hard and mash with a tablespoon mustard, a little pepper and salt, three tablespoons vinegar and three of salad oil. A tablespoon of catsup improves this for some. Very nice for boiled fish. Or, to a pint drawn butter sauce, without herbs, add four hard-boiled eggs chopped fine.

Gooseberry Sauce.—Boil one pint green gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan three tablespoons French White Sauce, or veal gravy will do, with two tablespoons butter and seasoning of salt, pepper and grated nutmeg to taste; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit. Serve with boiled mackerel.

Hollandaise Sauce.—One-half cup broth, milk or water, cup butter, yolks of four eggs, juice of one lemon, a dozen pepper-corns, nutmeg and salt. Boil the broth with the peppercorns, a scrap of broken nutmeg and level teaspoon salt. When flavored strain the broth into another saucepan or tin cup. Put in two-thirds of the butter and the four yolks and beat it with a fork over the fire until it thickens like cream. Then take it off and beat in the rest of the butter in little bits, beating until all is melted. Then squeeze in the lemon juice, or use vinegar for a substitute. The sauce must never fairly boil, only just begin to. It should be cooked in cup set in boiling water. There is a moment, about a minute after set to cook, that the sauce is at its thickest degree, like softened butter. After that a separation or curdling takes place, not very plain to the eye, but that makes the sauce thin and spoils it. Serve with fish, cauliflower, asparagus, or any vegetable. It is golden yellow, shining and smooth, just thick enough to be taken up on the point of a knife, if for fish, but needs to be thinner for vegetable dressing.

Horse-radish Sauce.—Grate very fine a root of horse-radish, mix two tablespoons of it with a teaspoon salt and four tablespoons cream, stir briskly and add by degrees a fourth tablespoon vinegar. Or, take four tablespoons horse-radish and mix well with one tablespoon each sugar and salt, one-half teaspoon pepper and two teaspoons made mustard, with sufficient vinegar to give it the consistency of cream. Especially nice with corned beef, and acceptable with almost any meat. It is sometimes prepared by adding to two

tablespoons grated horse-radish one dessert-spoon olive-oil (or melted butter or cream), and one of made mustard. To prepare *Horse-radish for Winter*, in the fall mix the quantity wanted in the following proportions: A coffee-cup grated horse-radish, two tablespoons white sugar, half teaspoon salt, and a pint and a half cold vinegar. Bottle and seal.

Italian Sauce.—One cup brown sauce (roast meat gravy, strained and skimmed), one teaspoon minced onion, two each of minced mushrooms and parsley, juice of one lemon, cayenne and salt to taste. Pour half the juice from the can of mushrooms into the brown sauce, add the other ingredients and simmer together fifteen minutes. Nice with fried trout or other fish. If fresh mushrooms are used they should not stand after chopping or they will turn black.

Indian Chetney Sauce.—Chop eight ounces sharp sour apples, pared, cored and cut in small square pieces, and add to them eight ounces each tomatoes, salt, brown sugar and stoned raisins, four ounces each cayenne and powdered ginger, two ounces each garlic and shallots, three quarts vinegar, one quart lemon juice; mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish. Some prefer to cook the apples in the vinegar before adding other ingredients.

Leamington Sauce.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to each quart walnut-liquor allow three quarts vinegar, one pint soy, one ounce cayenne, two ounces shallots, three-fourth ounce garlic, and half pint cooking wine. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed. This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July. The soy spoken of above is a sauce frequently made use of for fish and is manufactured by both the Japanese and Chinese, that of the former being the best. This article is sometimes adulterated but when genuine it is of an agreeable flavor, thick, and of a clear brown color.

Lemon Sauce.—Put three-fourths pint cream into a very clean saucepan (a lined one is best), with one lemon-peel, one-half teaspoon whole white pepper, and a sprig of lemon thyme, and let these infuse

for half an hour, when simmer gently for a few minutes, or until there is a nice flavor of lemon. Strain it, and add a thickening of three tablespoons of butter and one of flour; stir this well in, and put in juice of one lemon at the moment of serving; mix one cup white stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together. Milk may be used instead of cream, with another tablespoon flour. An excellent sauce for fowls, fricassees, etc. The recipe makes enough for two fowls. Or, a simple method is to cut three slices lemon into very small dice, add to drawn butter, let boil up once and serve.

Liver and Lemon Sauce.—Wash the liver of a fowl and let it boil a few minutes; peel one lemon very thin, reserve the white part and pips and cut it into very small slices; mince the liver and a small quantity of the lemon rind very fine; add these ingredients to a half pint smoothly made drawn butter, season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil lest the butter should oil. Serve with poultry.

Liver and Parsley Sauce.—Wash and score the liver of a fowl, boil it for a few minutes and mince it very fine; scald a small bunch of parsley of which there should be sufficient when chopped to fill a tablespoon; add this with the minced liver to a half pint smoothly made drawn butter, let it just boil and serve with fowl.

Lobster Sauce.—Choose a hen lobster, as this is indispensable in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with half ounce butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make three-fourths pint of drawn butter, and add one tablespoon anchovy sauce, one-half ounce butter, salt and cayenne to taste, a little pounded mace if liked, and two or three tablespoons cream. Mix well before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the color would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve, without butter) should be saved to garnish with; but as the goodness, flavor, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better. This makes sufficient to serve with a small turbot, a brill or salmon for six persons. For a very small lobster, use only a half pint drawn butter and season as above. The remains of a cold lobster may with a little care be converted into a very good sauce. Or, break the shell of the lobster into small

pieces; pour over them one pint water or veal stock, add a pinch of salt and simmer gently until the liquid is reduced one-half. Mix two ounces butter with an ounce flour, strain the liquid upon it and stir all over the fire until the mixture thickens; do not let it boil. Add two tablespoons of the lobster meat, the juice of half a lemon, and serve. Improved by a tablespoon of lobster butter if at hand. An economical sauce may be made by chopping the meat of the tail and claws of a good-sized lobster into pieces (not too small). Half an hour before dinner, make half a pint of drawn butter, add the chopped lobster, a pinch of coral, another of cayenne, and a little salt.

Mayonnaise Sauce.—Work the yolks of two raw eggs to a smooth paste and add two salt-spoons salt, half a salt-spoon cayenne, a salt-spoon dry mustard and a teaspoon olive oil; mix these ingredients thoroughly and add the strained juice of half a lemon; take the remainder of half a pint olive oil and add it gradually, a teaspoon at a time, and every fifth teaspoon add a few drops of lemon juice until you have used two lemons and the half pint oil. Or, rub the yolks of three hard-boiled eggs with the yolk of one raw egg to a smooth paste; add a heaping teaspoon salt, two salt-spoons white pepper, and two salt-spoons made mustard; mix thoroughly and work a gill of oil gradually into the mixture alternating with a teaspoon of tarragon vinegar until you have used three tablespoons vinegar. Should the sauce appear too thick add a wineglass of cream gradually. In mixing the oil and lemon juice or vinegar, some put in only a few *drops* at a time, alternately, to insure against curdling. For a *Fish Mayonnaise* this sauce may be colored with lobster-spawn, pounded; and for poultry or meat, where variety is desired, a little parsley juice may be used to add to its appearance.

Mint Sauce.—Take fresh young mint, strip leaves from stems, wash, drain on a sieve, or dry them on a cloth; chop very fine, put in a sauce-tureen, and to three heaped tablespoons mint add two of pounded sugar; let remain a few minutes well mixed together, and pour over it gradually six tablespoons of good vinegar. If members of the family like the flavor but not the substance of the mint, the sauce may be strained after it has stood for two or three hours, pressing it well to extract all the flavor. It is better to make the sauce two or three hours before dinner, so that the vinegar may be impregnated with the mint. Serve with either boiled or roast lamb. The addition of three or four tablespoons of the liquor from the meat is an improvement. This makes sufficient sauce for a three or four-pound joint. When green mint is scarce and not obtainable, mint vinegar may be substituted for it and will be found acceptable in early spring.

Olive Sauce.—Two dozen queen olives, one pint rich stock, the juice of one lemon, two tablespoons salad oil, one of flour, salt, pep-

per, a small slice of onion. Let the olives stand in hot water half an hour to extract the salt, then place in cold water five minutes. Put onion and oil in stewpan, and as soon as the onion begins to color add flour. Stir until smooth, and add stock. Set back where it will simmer. Carefully stone the olives by paring them round in ribbons so that they may recover their shape when stoned. Put them in the sauce, add seasoning, and simmer twenty minutes. Skim carefully and serve. If sauce is liked thin, half the amount of flour given can be used. This sauce is for roast duck and game.

Onion Sauce.—Peel nine large or twelve middling-sized white onions, and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain fifteen minutes. Put in saucepan, cover with water and boil until tender, changing the water, if onions are very strong, when they have boiled fifteen minutes. Drain thoroughly, chop and rub through sieve. Make a pint drawn butter, and when it boils put in the onions, season with salt, stir till it simmers and the sauce will be ready to serve. If directions are carefully followed this *White Onion Sauce* will be delicious. Serve with roast shoulder of mutton or broiled rabbit. To make this sauce very mild and delicate use Spanish onions which may be obtained from first of September to Christmas. Two or three tablespoons cream added just before serving improves it very much. A knife and sieve or small wire strainer should be kept expressly for preparing onions, that their flavor may not be imparted to other dishes. To make *Brown Onion Sauce* slice and fry the onions in butter, add half pint any gravy, simmer until tender, skim off all fat, season with pepper and salt and put through a sieve, re-heat and serve. When a high flavoring is liked add one tablespoon mushroom catsup.

Orange Sauce.—Peel half an orange, removing all the pith; cut into slices, and then in fillets; put them in a gill of water to boil for two minutes; drain on a sieve, throwing the water away; place in the saucepan two spoons of demi-glaze, or ten of broth; and, when boiling, add the orange and a little sugar; simmer ten minutes, skim, and serve. The juice of half an orange is an improvement. This is served with ducklings and water fowl; cayenne and mustard may be added if liked.

Oyster Sauce.—Strain the liquor from a half pint oysters and add enough milk or water to make one pint; stir in a half cup butter beaten to a cream with two tablespoons flour. Let this come to a boil, add the oysters and let them boil up once—cooking long hardens them. If wanted really nice the oysters should be bearded. Or add a few drops lemon juice or vinegar, a tablespoon capers, or use a seasoning of cayenne or anchovy sauce. The sauce is richer if cream instead of water is used in making the drawn butter, but in this case do not add the lemon juice or vinegar. Never allow less

than six oysters to each person, unless making a large quantity. Serve with fish or boiled poultry. To make *Brown Oyster Sauce*, use above ingredients, stirring butter and flour together over the fire until a dark brown, and serve with boiled or stewed beefsteak.

Parsley Sauce.—Boil two tablespoons parsley slowly in slightly salted water, drain and cut fine, and add it to one-half pint smoothly-made drawn butter, with one-half teaspoon salt and a tablespoon vinegar. Boil up and serve. If sauce is wanted to look green boil the other ingredients together and pour over the scalded and chopped parsley already in the gravy tureen. Stir once or twice and serve with calf's head, boiled fowl, etc.

Shrimp Sauce.—Free a pint of shrimps from bits of sea-grass and broken shells, throw them into salted boiling water, and boil them for a few moments, until the shells turn red, then drain them and break off the heads, legs and shells; the available part is the flesh of the tails. After the shrimp are prepared, put a tablespoon each of butter and flour in a saucepan over the fire and stir them until they are smoothly blended; then gradually stir in a pint boiling water, season the sauce with two saltspoons salt and a liberal dust of cayenne, put in the shrimp, and serve the sauce with boiled fish. Garnish the dish with a few whole shrimps. Another method of making this sauce is to add to a pint drawn butter sauce a half can shrimps, flavor with two tablespoons essence of anchovies or a teaspoon anchovy paste. At the last moment a few drops lemon juice and a little cayenne may be added.

Tartare Sauce.—Yolks two eggs, gill salad oil or melted butter, salt-spoon salt, half a salt-spoon pepper, a tablespoon good cider vinegar, half teaspoon each mustard and sugar, and a tablespoon gherkins. Beat together lightly in a small bowl the vinegar and yolks, add to these, drop by drop, the salad-oil or melted butter, taking care to stir the same way all the time; when this is done, season the mixture with pepper, salt, and mustard; add also the gherkins finely chopped (or capers may be substituted), and serve in a gravy boat with boiled salmon or cold meats. Or, mince two small English pickles, one-fourth of an onion, and a few sprigs of parsley together. Add them to three tablespoons mayonnaise sauce and the juice of half a lemon. Mix and serve (see mayonnaise sauce). A few tarragon leaves will improve the sauce. This is called the perfection of sauces for fried fish.

Tomato Sauce.—Stew ten tomatoes with three cloves, and pepper and salt, for fifteen minutes (some add a sliced onion and a sprig of parsley), strain through a sieve, put on the stove in a saucepan in which a lump of butter the size of an egg and level tablespoon flour have been well mixed and cooked, stir all until smooth, and if wanted to remove seeds put through a sieve, reheat and serve.

Canned tomatoes may be used as a substitute. Or stew half a dozen tomatoes in a pint stock with a slice of ham cut into dice, a bay-leaf, a blade of mace, three drops pepper sauce and three small pickled onions; stir the whole over a gentle fire until done, then press them through a sieve, add salt, and put the sauce again upon the fire till it is very hot.

French Tomato Sauce.—Cut tomatoes into quarters and put them in saucepan with salt to taste, a good handful of basil, and three or four cloves of garlic; a little water should be put into the saucepan to prevent the tomatoes catching. When they are thoroughly done turn them out upon a hair sieve and wait till all the water has drained from them. Throw away this water and pass the tomatoes through the sieve; put the pulp into a saucepan, boil half an hour, and a moderate quantity of black pepper may be added to taste. When the sauce is quite cold put it into wide-mouthed bottles, cork tightly and tie up each cork with string or wire; dip the neck of each bottle into melted resin and they may then be put away to be used when required. The bottles should be of moderate size, for once opened the sauce will no longer keep good. If before putting on the wire the bottles of sauce are placed upright in a large vessel full of cold water and this is put on the fire until the water boils, the preservation will be more certain still, and the sauce will keep good for any length of time. Care must be taken, however, not to remove the bottles from the vessel until the water has become perfectly cold.

White Sauce.—Stir one tablespoon each butter and flour together over the fire until smooth, add one pint milk, season with salt and white pepper, and let boil up once. Strain if not perfectly smooth. This is the plain white sauce, so nice served with vegetables, and which is also used by many as the foundation for other sauces instead of the rich drawn butter. *Brown Sauce* is made same way, stirring the butter and flour over the fire until a dark brown color, and when it is at hand using a pint froth from boiling meat instead of the milk.

French White Sauce.—As white stock is the foundation of this sauce, it must be prepared first as follows: Cut up four pounds knuckle of veal, any poultry trimmings, and four slices of lean ham, put it into a saucepan which has been rubbed with butter, moisten with half pint water and simmer till gravy begins to flow; then add four quarts water, three carrots, two onions, one head celery, twelve white pepper-corns, a blade of mace, bunch of herbs, tablespoon each butter and salt. Simmer five hours, skim, strain carefully, and the *White Stock* is ready for use. *Consomme* is made exactly the same with double the quantity of meat or half the water. For the sauce put one pint stock in the saucepan with a small bunch pars-

ley, two cloves, half bay-leaf, small bunch savory herbs, three or four mushrooms when obtainable, and salt to taste. When it has boiled enough to extract the flavor from the herbs, etc., strain and boil up quickly again until it is nearly half reduced. Mix one tablespoon arrowroot smoothly with a pint cream and simmer gently five minutes over slow fire; add to it the reduced stock, and if stock is thick continue to simmer slowly for ten minutes, but if thin, stir over brisk fire till it thickens. This is the well known *Bechamel Sauce*, and is the foundation of many others, especially white sauces. Many make it thick, as it is easily thinned with cream or white stock. To make *Brown Stock* or *Sauce* stir three-fourths tablespoon flour with a tablespoon butter over the fire until a dark brown color and add to white stock.

Caper Butter.—Chop one tablespoon capers very fine, rub through a sieve with a wooden spoon, and mix with a salt-spoon salt, quarter of a spoon pepper, and one ounce cold butter. Put a layer of this butter on a dish, and serve fish on it.

Drawn Butter.—Cut one-fourth pound (or four well-rounded tablespoons) butter up into small pieces, put in saucepan, dredge over a dessert-spoon flour, and add four tablespoons water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring, but do not allow it to boil. Another way of making, which is also used as a sauce, is to mix the flour and water, rubbing down all lumps with a spoon, and put in a saucepan with the water and salt, adding one-half spoon white vinegar and a very little grated nutmeg. Simmer, not boil, until it thickens.

Lobster Butter.—Mix the spawn and coral of a lobster with double the quantity of butter, a little cayenne, and pound in a mortar to a paste. May be used in flavoring lobster sauce and garnishing or decorating cold salmon, etc.

Parsley Butter.—One-fourth pound butter, two dessert-spoons minced parsley, the juice of one large lemon and salt and pepper to taste, well worked together. Serve over or around either meat or fish.

Caramel Coloring.—Put one cup sugar and two teaspoons water in a saucepan over the fire, stir constantly till it is a dark color, then add a half teacup water and a pinch of salt, let boil for a few moments. take off. and when cold, bottle.

Parsley Coloring.—Procure nice young parsley, and wash and dry thoroughly in a cloth; pound the leaves in a mortar until all the juice is extracted, and put juice in teacup or small jar, set in a saucepan of boiling water and warm it just enough to take off its rawness. Let it drain and it will be ready for coloring.

Spinach Coloring.—Wash a peck of spinach, pour on it two quarts boiling water and let it stand one minute. Pour off the water, and pound the spinach to a soft pulp. Put this in a coarse towel and squeeze all the juice into a small frying pan. (Two people, by using the towel at the same time, will extract the juice more thoroughly than one can). Put the pan on the fire, and stir until the juice is in the form of curd and whey. Watch closely and do not boil. Turn on a sieve, and when all the liquor has been drained off, scrape the dry material from the sieve and put away for use. Another mode is to put with the juice in the frying-pan three table-spoons sugar, and cook five minutes; then bottle for use. This is really the more convenient way. Spinach green is used for coloring soups, sauces and creams.

French Mustard.—Slice an onion in a bowl and cover it with good vinegar; after two days pour off the vinegar, add to it a teaspoon each cayenne pepper and salt, a tablespoon sugar, and mustard enough to thicken; set on the stove until it boils; when cold it is fit for use.

Indian Mustard.—Put one-fourth pound each mustard and flour and a half tablespoon salt into a basin, and make them into a stiff paste with boiling water. Boil four shallots with four table-spoons each vinegar and catsup, and one-fourth bottle anchovy sauce, for ten minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shallot at the bottom, and store away for use. If properly prepared will keep for years. An excellent relish for bread and butter and very nice with meats.

Prepared Mustard.—Three teaspoons ground mustard, one of flour (two if the mustard seems very strong), half teaspoon sugar; pour boiled water cooled to lukewarm on these and mix into a smooth, thick paste; when cold add vinegar enough to make ready for use, and serve with salt. This resembles the French mustard. Another mode of preparing is to make a dressing of one cup vinegar, two eggs, one tablespoon each pepper, sugar and salt, butter size of a walnut; beat well and simmer over the fire to cook the eggs; then add a tablespoon mustard wet in lukewarm water. Mustard may be flavored in various ways, with tarragon, shallot, celery, and many other vinegars, herbs, spices, etc.

Tartar Mustard.—Mix a half cup mustard and a slight seasoning of cayenne with sufficient horse-radish vinegar to render it per-

fectly smooth, rubbing lumps down with back of spoon, adding the vinegar a little at a time, and not making it too thin.

Curry Powder.—An ounce each ginger, mustard, and pepper, three each of coriander seed and turmeric, one-half ounce cardamon, quarter ounce each cayenne pepper and cumin seed; pound all fine, sift and cork tight. One teaspoon of powder is sufficient to season any thing. This is nice for sauces, boiled meats and stews.

Dried Celery and Parsley.—Wash the leaves, stalks, roots and trimmings of celery and put them in a cool oven to dry thoroughly; then grate the root, rub leaves and stalks through a sieve and put all in tightly corked bottle. Delicious seasoning for sauces, soups, stews and dressing. Save all bits of parsley and preserve for future use in same manner, not using the roots; or, take freshly gathered parsley and wash it perfectly free from grit and dirt; put into boiling water which has been slightly salted and well skimmed, and then let it boil for two or three minutes; take out, let drain, and place on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use pour over it a little warm water, and let stand for about five minutes. This may be done any time between June and October. Celery salt is made by mixing the root dried and ground as above with one-fourth its quantity of salt. A very nice seasoning, and will keep a long time.

Fried Parsley.—Gather some young parsley; wash, pick, and dry it thoroughly in a cloth; put it into the wire egg basket and hold it in boiling lard or drippings for a minute or two. Directly it is done, lift out basket, and let stand before the fire that the parsley may become thoroughly crisp, and the quicker it is fried the better. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and when crisp, lift it out, dry before the fire, and when thoroughly crisp it will be ready for use. This is used for garnishing.

Spiced Salt.—Dry, powder, and mix by repeated siftings the following: One-fourth ounce each powdered thyme, bay-leaf and pepper, one-eighth ounce each marjoram and cayenne pepper, one-half ounce each powdered clove and nutmeg, and to every four ounces of this powder add one ounce salt. Keep in an air-tight vessel. Nice for spicing sauces, and one ounce of it added to three pounds stuffing, or force meat of any kind makes a delicious seasoning.

CHEESE.

The many appetizing, varied and really elegant dishes concocted with the aid of cheese by modern cooks, render this product of the dairy indispensable to every well appointed table. And while the opinion prevails to some extent in this country that imported cheese is superior to that of home manufacture, this is not by any means true, as is proven by the fact that immense quantities of American cheese are annually exported, most of which is marketed in England, where it is eagerly sought for. The English, however, and other foreign manufacturers, brand their cheese with the name of the locality in which it is made, and hence several fine varieties, as the Stilton, the Cheshire, Gruyere, Parmesan and others have very justly become celebrated. While equally as good cheese is manufactured in America, notably in New York and Northern Ohio, and nearly every state has factories turning out excellent products, it goes abroad with no distinctive brand, and is sold along with other cheese, good, bad and indifferent, simply under the name of American cheese; and as a buyer who may have once been fortunate enough to secure a good American article has no means of knowing that his next purchase will be of the same manufacture, because of the American want of foresight in neglecting to properly brand cheese, and often gets poor stuff under the same general name, we are placed at a great disadvantage in competing with foreign manufacturers. Instead of aiming to make home cheese famous, American manufacturers have taken to catering to the popular pre-

judice in favor of the imported article, and much of what is sold here as English, Swiss and Italian cheese, is made upon our own shores, and is of such excellent quality that the most prejudiced cannot distinguish between it and the real imported brand.

Cheese varies in quality and richness according to the quality of the materials of which it is composed, and is made of the "entire" milk—new milk, or milk with the cream unskimmed—of milk and cream, that is, the morning's milk with the cream of the evening before; of new milk mixed with skimmed milk, and of skimmed milk only. Strong, means of a high flavor and odor but not necessarily sharp. Most new cheeses are relatively mild, and develop their characteristics, especially sharpness, with age. The Romans smoked their cheese to give it a sharp taste. The most celebrated varieties of the foreign cheeses are the following: The Parmesan, a hard, high flavored article, slightly sharp, manufactured in Parma and Piacenza, Italy, which is supposed to get its flavor from the rich herbage of the pastures of the river Po, is made entirely of skimmed milk, and the best is that which has been kept three or four years, none being marketed under six months; it is highly prized for grating and cooking. The best English cheeses are the Stilton, Cheshire and Cheddar, the first of which is finest and richest, made from cream and milk, and requires two years to ripen; the Cheshire is made of entire milk, and the Cheddar, of mild flavor, is made of skimmed milk, like the Parmesan, which it much resembles; the Dunlop is the only Scotch cheese well known in America, and has a peculiarly mild and rich taste; the Gruyere is the best of the Swiss cheeses and has a fine flavor, but the Neufchatel, which comes in little rolls about an inch thick and three inches long, is perhaps best known in America and is cheap and delicious; care must be taken when purchasing to see that it is not musty. The German Limburger, a very strong cheese, which is not considered fit for consumption until partly putrefied, is well known here. French cheeses are generally for winter consumption, and come to us only from October to May. The best known here are the Brie, made of cream, and which comes in flat, round boxes weighing usually four pounds, and the Roquefort, a mixture of the milk of goats and sheep, made in same shape and size; the Dutchman's Head, or Edam, from Holland, prized principally for grating and cooking, is also sold here. The American cheeses are the Pineapple, which is double the price of

ordinary cheese, imitations of English Dairy, American Factory, and California cheese, which is only about half the weight and thickness of Eastern, and instead of being incased in a round wooden box like the Eastern, is handled loose or naked in the wholesale market. None of the American cheeses are classed among strong cheeses. They are good all the year round. The foreign varieties, or equally as good American imitations, may all be had in the larger cities, while excellent, if not the best, American factory cheese is obtainable everywhere. Sage cheese is made by the addition of bruised sage leaves to the curd, which imparts a greenish color and a flavor liked by many. Cream cheese is not properly a cheese, although so called, but is simply cream dried sufficiently to be cut with a knife. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. Cheese may be had in small, round shapes, brickbats, the thin California cheeses, etc., as well as shaped in the ordinary large round hoop, or by the pound therefrom. All cheese, except the foreign skim-milk makes, contains more or less coloring matter, principally annatto, turmeric, or marigold, all perfectly harmless unless they are adulterated.

In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity spread with a thickly buttered sheet of white paper, and the outside occasionally wiped. To keep cheese moist a damp cloth should be wrapped round it (wet with white wine or alcohol is better), and the cheese put into a pan or crock kept covered in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar, and to check the production of mites spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rare-bits, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind. The usual mode of serving cheese is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-dish, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful and it may then be put on the table in the



Dish of Cheese.

piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white doyley or napkin, neatly folded. Cream-cheese is often served in a cheese course, and, sometimes, grated Parmesan; the latter should be put into a colored glass dish. Rusks, cheese-biscuits, and salad, or water-cress, should always form part of a cheese course, which is served just before the dessert. It is English to serve celery or cucumbers with it. Thin milk crackers or wafer biscuits (put into the oven just a moment before serving, to make them crisp) should be served with cheese; butter also for spreading the crackers, this being the only time that it is usually allowed for dinner. Macaroni with cheese, Welsh rare-bits, cheese omelets, or little cheese cakes, are good substitutes for a cheese-course. In serving a Stilton cheese, the top of it should be cut off to form a lid, and a napkin or piece of white paper with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced. Those made in May or June are usually served at Christmas; or, to be in prime order, should be kept from ten to twelve months, or even longer. An artificial ripeness in Stilton cheese is sometimes produced by inserting a small piece of decayed Cheshire into an aperture at the



Stilton Cheese:

top. From three weeks to a month is sufficient time to ripen the cheese. An additional flavor may also be obtained by scooping out a piece from the top, and pouring therein port, sherry, Maderia, or old ale, and letting the cheese absorb these for two or three weeks. But that cheese is the finest which is ripened without any artificial aid, is the opinion of those who are judges in these matters. A dry cheese is best for grating, and the Parmesan, Edam and Cheddar are largely used for this purpose, but any dry cheese or bits left over may be utilized. If the kind called for in any of the following recipes is not at hand, use the ordinary cheese. Serve as hot and as quickly as possible, for if allowed to cool the flavor and quality of the melted or cooked cheese is spoiled. In buying cheese, that which feels soft between the fingers is richest and best. When mites have taken possession of a cheese, and one wishes to use it, the following recipe will have the effect of destroying them without injury to the cheese;



Cheese Bucket.

Wipe the cheese, put it into a pot in which mutton has been cooked, whilst the water is yet hot, make the water boil a few seconds, take out cheese, wipe immediately, dry and then put it away in a dry place until required for use. The cheese bucket illustrated will be found the most convenient receptacle for cheese, the close-fitting cover excluding air and insects, and is much more easily moved about than a crock.

Cheese Cakes.—Take twelve ounces curd made as in recipe for cream cheese, (product of four quarts milk), half cup each sugar, and butter, four yolks of eggs and a pinch of salt, flavoring with grated lemon rind, or extract and nutmeg. Rub the curd, as taken from the draining cloth, through a puree sieve, add the other ingredients and mix well together. Line patty-pans with paste, nearly fill with the mixture, bake about fifteen minutes. The curd mixture, though seemingly too firm at first, melts and puffs up in the oven. Dredge powdered sugar over the tops when done. These are very delicious. As substitutes for rennet curd, which is as sweet as pounded almonds, the curd of sour milk and the curd of a custard that is spoiled through letting it boil, can be used if prepared by scalding and draining in the same way, but will not be quite so good.

Cheese Crusts.—Cut stale bread in slices about two inches and a half thick; trim off crust, place on a baking-pan and on each slice of bread put a heaping tablespoon of any mild cheese grated, or a very thin layer of strong, rich cheese; on the top of the cheese put very little salt and pepper, and a bit of butter, and set the pan in a hot oven just long enough to slightly brown the crusts; watch them, because they should only be browned a little; let them cool on the baking-pan, and then transfer them, without breaking them or disturbing the cheese, to the dish on which they are to be served. Cheese crusts may be used at family dinners as a sort of dessert, or served at dinner or luncheon with any green salad or celery.

Cheese Diablotins.—Put a gill milk in a stewpan, with two tablespoons butter; when boiling, stir in two tablespoons flour, keep stirring over the fire until the bottom of the stewpan is dry, then add four eggs by degrees, and a pound grated cheese; mix well, season with pepper, salt, and cayenne, rather highly, mold the paste into balls with the forefinger against the side of the stewpan containing it, drop them into hot lard; fry of a nice light brown, and serve very hot; a quarter of this quantity may of course be made. An excellent dish.



Diablotins.

Cheese Fingers.—Roll pie paste out thin and cut into strips about four inches long and one and one-half wide; strew each thickly with grated cheese, season with pepper and salt, double the paste lengthwise, enclosing the cheese, pinch the edges and bake in quick oven. Wash over with beaten egg just before taking out and sift a little powdered cheese on top. Shut oven door a moment to glaze them well; pile log-cabin fashion on a napkin in a warm dish and serve hot.

Cheese Fondue.—There are many ways of preparing this dish, of which the following are considered the best: Four eggs, the weight of two in cheese, Parmesan or Cheshire if obtainable, the weight of two in butter; pepper and salt to taste. Separate the yolks from the whites of the eggs; beat the former in a basin and grate the cheese, or cut it into *very thin* flakes. Break the butter into small pieces, add it to the other ingredients with sufficient pepper and salt to season nicely, and beat the mixture thoroughly. Well whisk the whites of eggs, stir them lightly in last, and put into oven as quickly as possible. Bake in a souffle dish or small round cake tin. Fill only half full, as it should rise very much. Pin napkin round the dish if there is no ornamental receptacle, and serve very hot and quickly. If allowed to stand after taken from the oven, the beauty and lightness of the fondue will be completely spoiled. If one has not an ornamental receptacle, a pretty way of serving is to line the baking pan with paper cut in a fringe at the top. Or bake in individual molds or tins of small size lined thus with paper, or in thick paper molds of any fancied form, remembering that they must be only half filled when put in oven. Another excellent recipe is to take as many eggs as there are to be persons at table, weigh them in the shell, and take one-third their weight in the best cheese to be had, and one-sixth as much butter as cheese. To the well-beaten eggs add the grated cheese and the butter broken into small pieces, and stir together with a wooden spoon; put over the fire and stir until thick and soft; add salt and pepper to taste and serve on very hot silver or metal plate. Do not allow the fondue to remain on the fire after the mixture is set, for if it boils it will be entirely spoiled. Or, take one cup bread-crumbs, very dry and fine, two scant cups of milk, rich and fresh or it will curdle, one-half pound dry old cheese, grated, three eggs whipped very light, one small tablespoon melted butter, pepper and salt to taste, and a pinch of soda dissolved in hot water and stirred into the milk; soak the crumbs in the milk, beat into these the eggs, butter and seasoning, and lastly the cheese. Butter a neat baking dish, pour the fondue into it, strew dry bread-crumbs on the top and bake in a rather quick oven until delicately browned. Serve immediately in the baking dish, as it soon falls. Economical and delicious.

Cheese Fritters.—Put six tablespoons flour in a bowl and pour a half tablespoon melted butter into the center; add to this, by

degrees, eight tablespoons tepid water, beating all the time, yolk of one egg, half teaspoon each pepper and dry mustard, and three heaping tablespoons grated Parmesan cheese, and last the well-beaten white. Drop a tablespoon at a time into hot clarified fat or lard. As the fritters brown and rise to top, turn and brown the other side; place piece of kitchen paper (any clean, coarse brown paper) in a baking pan in open oven and put the browned fritters upon it for a moment that the paper may absorb the fat, then serve upon a hot plate covered with a hot napkin and garnished with sprigs of parsley.

Cheese Omelet.—Beat up eggs as for ordinary omelet (see Eggs) and add to them the cheese cut in small pieces, a tablespoon to three eggs. The cheese may be stirred in quickly just before frying, or strewn over the omelet in the pan. A seasoning of salt and pepper should be added after putting in pan. Parmesan cheese should be grated and beaten in with the eggs, adding a little more just before folding the omelet, and serving with the grated cheese sprinkled on top. Serve as hot as possible and it will be delicious.

Cheese Pudding.—One-half pound dry cheese, grated fine, one cup dry bread-crumbs, four well-beaten eggs, one cup minced meat—one-third ham, two-thirds fowl—one cup milk and one of good gravy—veal or fowl—one teaspoon butter, and a pinch of soda in the milk; season with pepper and a very little salt. Stir the milk into the beaten eggs, then the bread-crumbs, seasoning, and meat; lastly the cheese. Beat up well, but not too long, else the milk may curdle in spite of the soda. Butter a mold, pour in the pudding, cover, and boil three-quarters of an hour steadily. Turn out upon a hot dish and pour the gravy over it. Or, grate three ounces cheese and five of bread; and having warmed one ounce butter in a quarter pint new milk, mix it with the above, add two well-beaten eggs and a little salt. Bake half an hour.

Cheese Puffs.—Three ounces cream curd, one quart rich milk curdled with rennet, one gill milk, one tablespoon butter, one cup flour, two ounces grated cheese, three eggs. Have the curd scalded and drained dry, as in making cheese or smearnkase. Boil the milk with the butter in it, drop in the flour all at once and stir the paste over the fire a few minutes; take off fire and put in the curd and the grated cheese, and pound the mixture smooth; then add the eggs one at a time and beat them in. Drop spoonfuls of this mixture into patty-pans, lined thinly with pie paste, and bake in a slack oven; or else roll mixture very thin, cut in triangular shapes, put a spoonful of the mixture in the middle and pinch up the sides like a three-cornered hat, and bake on a biscuit pan. They will open out in baking. Good to eat with apple-sauce.

Cheese Relish.—Place small piece butter in frying-pan with one-fourth pound thinly sliced fresh cheese and pour over it a cup

sweet milk, quarter teaspoon dry mustard, pinch salt and pepper, stirring all the time, then add gradually three finely rolled crackers and serve at once in a warm dish.

Cheese Sandwiches.—Rub yolks of three hard boiled eggs to a smooth paste with one tablespoon melted butter, season with pepper and salt, and work in one-fourth pound good English cheese, grated, or any cheese may be used. Spread the mixture on very thin slices of bread, and fold. Or place slices of good rich cheese half an inch thick between slices of brown-bread and butter, set them on a plate in oven until well toasted and serve on napkin quickly while very hot.

Cheese Souffle.—Two tablespoons butter, one heaping tablespoon flour, half cup milk, cup grated cheese, three eggs, half teaspoon salt, speck of cayenne. Put the butter in the saucepan and when hot add the flour and stir until smooth but not browned, add the milk and seasoning and cook two minutes, then add the well beaten yolks of eggs and the cheese; set away to cool; when cold add the stiffly frothed whites, turn into a buttered souffle pan or baking dish and bake from twenty to twenty-five minutes. Serve the moment it comes from the oven. The dish in which this is baked should hold a quart.

Cheese Soup.—Mix one and a half cups flour with one pint rich cream, four tablespoons each butter and grated Parmesan cheese with a speck of cayenne; place the basin in another of hot water and stir until the mixture becomes a smooth, firm paste; break into it two eggs and mix quickly and thoroughly, cook two minutes longer and set away to cool; when cold roll into little balls size of American walnut. When the balls are all formed drop them into boiling water and cook gently five minutes; put them in a soup-tureen and pour three quarts of clear boiling soup-stock over them. Pass a plate of finely grated Parmesan cheese with the soup.

Cheese Vol au Vents.—Cut rounds of bread from slices an inch thick, cut out an inner round, leaving a shallow cavity. Dip in beaten egg and fry a light brown. Then fill the cavities with a mixture made by stirring into a half cup of boiling water one tablespoon butter and five tablespoons grated cheese, and when this is melted the well-beaten yolks of two eggs. Season with pepper and salt, beat together one minute and put in a handful bread-crumbs. After filling the rounds of fried bread brown very quickly in oven and serve on folded napkin.



Cheese Vol au Vents.

Cheese Straws.—Sift six ounces flour on the pastry-board, make a hole or well in the center; into this well put two tablespoons cream, three ounces grated Parmesan. or any rich dry cheese, four ounces butter, half a level teaspoon salt, quarter salt-spoon each

pepper and grated nutmeg, together with as much cayenne as can be taken up on the point of a very small penknife blade; mix all these ingredients with the tips of the fingers to a firm paste, knead it well, roll it out an eighth of an inch thick, and with a sharp knife or pastry jagger cut it in straws about eight inches long and quarter of an inch wide; lay the strips carefully on a buttered tin, and bake them light straw color in a moderate oven. These cheese straws make a delicious accompaniment to salad, and may be served as a course at dinner, either with or without crackers, but always with a dressed green salad, or with plain celery. Another mode of making is to rub four tablespoons sifted flour with two of butter, and four of grated cheese, add one egg and season with salt and cayenne pepper, roll very thin, cut in narrow strips three inches in length, and mold either into straws or tie in true lover's knots, bake a pale brown in a hot oven and serve hot on napkin, with salads. Four tablespoons bread-crumbs may be used instead of the egg, and the straws made thus are often served cold for luncheon or tea. Still another excellent recipe is two cups grated cheese, one-third cup butter, cayenne to taste, three-fourths cup flour, or enough to roll as pie-crust, one-half cup warm water; beat all together, roll out and cut in narrow strips four inches long, and bake on writing paper in a hot oven, to a lightbrown.

Or, mix three-quarters pint grated cheese, pint flour, pinch salt with lard as pie crust, roll and finish as above. Serve with salad, piled on plate, crossing them in pairs and tying with ribbon of different colors; or, bake in eight-inch lengths and serve in log-cabin style. Use cream, milk or water for mixing.



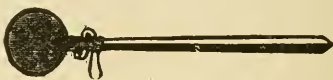
Cheese Straws.

Cheese with Celery.—One-half cup each grated cheese, gravy and butter, or poultry fat, two cups celery cut small, and a little pepper and salt. The celery should be in pieces about an inch long split to look like macaroni; boil ten minutes in water, drain, mix in the cheese, butter, pepper and salt, and bake in a pan, basting the top with spoonfuls of the meat gravy. Serve like a vegetable in tureen or individual dishes.

Cheese with Crackers.—Soak in boiling water round milk crackers split in two, take them out carefully so as not to break them; make layers of these slices in a little *gratin* dish or a deep baking-dish, each slice buttered, spread with a little made mustard, and sprinkled with pepper, salt, and plenty of grated cheese. When all is prepared, bake them in a hot oven for ten minutes.

Cheese with Eggs.—Cut hard-boiled eggs into slices and lay in a well-buttered dish that has been sprinkled with bread-crumbs, and place on each slice of egg a slice of Gruyere cheese of same shape and size; place a bit of butter on each, pepper well, sift a few bread-crumbs over and put into good oven for about five minutes. Serve as hot as possible.

Cheese with Macaroni.—Put a pint milk and two pints water into a saucepan with sufficient salt to flavor it; place it on the fire and when it boils quickly drop in a half pound pipe macaroni. Keep the water boiling until it is quite tender (an hour or more), drain the macaroni and put it into a deep dish. Have ready six ounces grated cheese, either Parmesan or Cheshire, sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread-crumbs. Warm, without oiling, the remainder of one-fourth pound butter, and pour it gently over the bread-crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice that it may be equally colored, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil and so impart a very disagreeable flavor to the dish. In boiling the macaroni, let it be perfectly tender but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt, instead of using milk, but should then have a small piece of butter mixed with it. Sufficient for six or seven persons.



Salamander.

Cottage Cheese.—Set a gallon or more of clabbered milk on the stove hearth, or back of stove, or in the oven after cooking a meal, leaving the door open; turn it around frequently, and cut the curd into squares with a knife, stirring gently now and then till about as warm as the finger will bear, and the whey shows all around the curd; pour all into a coarse bag and hang to drain in a cool place for three or four hours, or overnight if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife and dress with salt, pepper and sweet cream. Some mash and rub thoroughly with the cream; others dress with sugar, cream and a little nutmeg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mold into round balls. If wanted to serve immediately, drain the curd through a colander, pressing out all the whey possible with the back of a spoon, dress as above as soon as cold and send to table, cutting the top of cheese in little squares.

Cream Cheese.—Take three pints thick cream and put it into a clean wet cloth, adding a teaspoon salt after the cream is sour; tie it up and hang it in a cool place for seven or eight days; take it from the cloth and put it in another and then into a mold with a weight upon it for two or three days longer. Turn it twice a day, when it will be fit to use. Sour cream may be made into cheese same way. If wanted to ripen quickly, cover with

mint or nettle leaves. Or take a small pan of fresh morning's milk, warm from the cow is best, and mix with the cream skimmed from an equal quantity of the last night's milk. Warm it to blood heat, pour into it a cup of water in which a piece of rennet the size of two fingers has soaked all night, and put it in a warm place till the curd has formed. Cut the curd into squares, put it in a thin straining cloth, squeeze it dry, then crumble and salt it to taste. Wash the straining cloth, lay it in the cheese hoop (a bottomless vessel the size of a dinner plate perforated with small holes), put the crumbled curd into the cloth and fold the rest of the cloth over it. Put on the cover and set a weight on it. In six hours turn the cheese, and let stand six hours longer. Then take it out, rub it with fresh butter, and set it in a dark, dry place. Turn it every day for four or five days, when it is fit for use, and it must be eaten immediately when cut. It will keep but a few days, even in cold weather. To make a plain family cream cheese, take three half pints milk to one-half pint cream, warm it and put in a little rennet; keep it covered in a warm place till it is curdled; put the curds into the colander on a cloth to drain about an hour, serve with good plain cream and pounded sugar over it. To color, pound fresh sage leaves in a mortar to obtain the juice, and mix it with the milk while warm after the rennet is put in. Spinach juice is an improvement.

Potato Cheese.—Boil good white potatoes, and when cool, peel them and grate or mash them to a light pulp; to five pounds of this, which must be free from lumps, add a pint of sour milk and salt to taste; knead the whole well, cover it, and leave it for three or four days, according to the season; then knead it afresh, and put the cheeses into small baskets, when they will part with their superfluous moisture; dry them in the shade, and place them in layers in large pots or kegs, where they may remain a fortnight. The older they are the finer they become. This cheese, it is said, never engenders worms, and in well closed vessels, in a dry place, will keep for years. This is celebrated in various parts of Europe.

Pounded Cheese.—To every pound cheese allow three table-spoons butter. Cut cheese into small pieces and pound smoothly in mortar (or use a bowl and potato masher), then thoroughly mix the butter with it; press into a jar, cover with clarified butter and it will keep several days. A good way to dispose of dry cheese; very nice for sandwiches, and the best mode of preparing for those whose digestion is weak. May be flavored by adding a teaspoon mixed mustard, cayenne or powdered mace, to each pound cheese, and curry powder is often used.

Toasted Cheese.—Rub the bottom of a heated frying-pan with a cut onion, then with butter. Put a half pound dry grated cheese into it, stirring fast to prevent burning. When it is melted put in a tablespoon each melted butter and made mustard, and a pinch cay-

enne pepper, and lastly a tablespoon bread-crumbs, which have been previously soaked in cream, then pressed almost dry. Spread smoking hot on rounds or slices of thin toast from which the crust has been pared, and serve at once. For *Toasted Cheese with Eggs* take one-half pound good English cheese, three eggs beaten light, three tablespoons bread-crumbs soaked in cream, tablespoon mustard, a little minced parsley, three table-

 spoons butter, melted, but not hot. Beat the soaked crumbs into the eggs, then the butter and seasoning, lastly the cheese. Beat very light, spread smoothly on slices of delicate toast and brown quickly upon the upper grating of the oven. The cheese knife will be found useful in preparing cheese for toasting, scooping out the inside of a dry cheese, etc.

Kitchen Cheese Knife.

Ramakins.—Four ounces grated, high-flavored cheese, half Cheshire and half Parmesan if obtainable, or all of one kind, two ounces each butter and bread (without crust), a scant gill milk, one-third teaspoon each mustard and salt, small pinch cayenne pepper,  two or three eggs. Crumb the bread and boil it soft in the milk; add the butter, mustard, salt, pepper, cheese, and the yolks of the eggs; beat thoroughly, then stir in the whites of the eggs beaten to a stiff froth. Pour this into patty pans or saucers, which ought not to be more than half filled; bake the paste from five to ten minutes, when it should be puffed high above the edge of the pans. Serve immediately, or they will fall. A good cheese course for dinner and nice for lunch or supper. This batter is equally nice for macaroni. Another excellent recipe for ramakins is to boil half pint milk and half the quantity of cream; melt one ounce butter and a little salt; mix in a spoonful flour, and stir it over the fire five minutes; pour in milk and cream by degrees and work smooth, taking care that it is thoroughly cooked, then take off and add half a pound grated cheese, some coarse ground pepper and an atom of nutmeg, with a very little powdered sugar, the yolks of eight eggs and whites of two, well beaten; when perfectly mixed, add the well-frothed whites of six eggs; the batter should be as thick as cream. Make little paper trays, fill them half full, and bake in a very slow oven eighteen minutes. Or, bake in patty pans or small cups. Serve hot.

Pastry Ramakins.—The remains or odd pieces of paste left from large tarts, etc., answer for making these little dishes. Gather up the pieces of paste, roll out evenly, and sprinkle with grated cheese of a nice flavor. Fold the paste in three, roll it out again and sprinkle more cheese over; fold the paste, roll it out, and with a paste jagger shape it in any way that may be desired. Bake the ramakins in a brisk oven from ten to fifteen minutes; just before taking from the oven brush with beaten egg and


Paste Jagger.

sift over with powdered sugar, let brown a moment, dish them on a hot napkin and serve quickly. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish. The recipe makes a quantity sufficient for six or seven persons.

Toast Ramakins.—Three tablespoons grated cheese, two eggs beaten light, one tablespoon melted butter, one teaspoon anchovy sauce, one teaspoon flour wet with cream, a pinch of cayenne pepper. Beat the butter and seasoning in with the eggs, then the cheese, lastly the flour, working until the mixture is of creamy lightness. Spread thickly upon slices of lightly toasted bread and brown quickly in the oven. Or, grate a half pound cheese and melt two ounces butter; while the latter is getting cool mix it with the cheese and well-beaten whites of three eggs; lay buttered papers in a frying pan, put in slices of bread and lay the cheese mixture on top; set it over the fire for about five minutes, then take it off and brown with a salamander.

Scotch Rare-bit.—Cut nice, rich, sound cheese into rather thin slices, melt it in a cheese-toaster on a hot plate, or over steam, and when melted add a small quantity mixed mustard and a seasoning of pepper. Stir the cheese until it is completely dissolved, then brown it before the fire or with a hot salamander. Serve with dry or buttered toasts, whichever may be preferred. If the cheese is not very rich a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-toaster. Whichever way it is served it is highly necessary that the mixture be very hot and very quickly sent to table.

Welsh Rare-bit.—Cut bread into slices about half an inch in thickness, allowing a slice for each person; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread, from a good rich fat cheese; lay them on the toasted bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper and salt; or stir together in a saucepan over the fire until smoothly blended, four heaping tablespoons grated cheese, two of butter, one of milk, salt-spoon each salt and dry mustard, quarter of pepper and a dust of cayenne. The pan must be hot and rubbed well with butter before putting in the cheese; stir rapidly and when melted put in butter,

next mustard and pepper. Some add a cup bread-crumbs soaked in a little milk, which should be pressed dry and put in last. Or the well-beaten yolks of two eggs may be added after the butter and cheese are melted. Have ready some nicely-toasted slices of bread cut in square or diamond-shaped pieces of any size desired, and serve at once on a hot platter, as it is quite spoiled if allowed to get cold. The mustard may be omitted if desired, and some think it more delicate to dip the toast quickly, after buttering, into a shallow pan of boiling water; have some cheese ready melted in a cup, and pour some over each slice. The best way to serve is to have little plates made hot, place a slice on each plate, and serve one to each person. The Welsh rare-bit makes a decidedly pretty course, served in little chafing-dishes in silver, or plated silver, about four inches square, one of which, standing in a plate, is to be served to each person at table. The reservoir contains boiling-hot water; the little platter holds the slice of Welsh rare-bit, which is thus kept hot. A poached egg is sometimes placed on each slice, and it is then served under the name of *Golden Buck*. Poach the eggs in boiling water seasoned with a little salt, half gill vinegar and teaspoon butter, place a slice of fried or boiled bacon on top of the poached eggs and it is sent to table as *Yorkshire Rare-bit*.

To Toast Cheese.—Grate or slice the desired quantity of cheese and put with a bit of butter into the cheese toaster, which is prepared by filling the bottom with hot water. Our engraving illustrates a cheese toaster with hot water reservoir; the cheese is melted in an upper tin placed in the reservoir. If one of these useful little utensils cannot be had, melt the cheese in a pie tin on back of stove or range, or over a kettle of hot water.

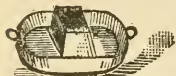


Cheese Toaster.

English Bread and Butter.—This is to serve with a cheese course. Cut an even slice off a large loaf of fresh home-made bread, butter the cut end of the loaf thinly, then hold it against the side with the left hand and arm, and with a sharp, thin knife, cut an even slice not more than an eighth of an inch thick; a little practice and a steady grasp of the bread and knife will enable any one to produce regular whole slices; fold each slice double with the butter inside, and serve them on a clean napkin. The



Bread Knife.



"Steamed" Bread Pan.

slices may be rolled like a napkin, and served, in this case bake the bread in the following manner: When risen in the single loaf pan, invert it upon an ordinary dripping-pan, leaving the other pan still over the loaf, as illustrated, and bake as other bread, taking off upper pan at end of one hour to see if it is done. This bread is more easily rolled than any other, and is also prized for eating as well as rolling; slice and roll as directed in *Wedding Rolls*.

Fromage.—Beat two eggs very light, stir in a half pint cream and add a half pound grated cheese and a pinch of cayenne pepper; pour into buttered soup plates, bake fifteen minutes and serve.

Italian Balls.—Boil together tablespoon butter and eight of water, add pinch each salt and pepper, ten tablespoons flour and three of grated Parmesan cheese, stirring all the time, and boil a minute or two. Take off and stir in thoroughly three well-beaten eggs. Divide mixture into balls and poach them in three-quarters pint boiling milk; when done place on sieve to drain. Make a sauce of tablespoon butter, four of flour and one and a half pints milk; let simmer for fifteen minutes or till it thickens. Put a layer of balls in a small baking dish, then a layer of grated cheese, then a layer of the sauce; repeat till dish is full, strewing grated cheese over the top; brown in oven and serve hot. Very delicious.

Mock-Crab.—Break up a half pound soft rich cheese with a cheese-knife, or fork, mix with it a teaspoon dry mustard, a saltspoon salt, half a saltspoon pepper and a dessert-spoon vinegar; serve it cold with a plate of thin bread and butter or crisp crackers.

Ragamuffins.—Take raised biscuit dough, roll out to inch thickness, sprinkle thickly with grated cheese, roll up like a jelly roll, cut in about inch slices from the end and place in pans, with cut side down; let rise a little while and bake quickly. Baking powder dough may be used, placing at once in oven. Very nice.

Spaghetti Butter.—Spaghetti is macaroni in another form, a solid cord instead of a tube. Take two cups broken spaghetti, one each of minced cheese and milk, butter size of an egg, and two yolks of eggs. Throw the spaghetti into water that is already boiling, and salted. After cooking twenty minutes drain it dry, and put it into the buttered dish in which it is to be baked. Put the cheese and butter and half the milk into a saucepan and stir them over the fire till the cheese is nearly melted; mix the yolks with the rest of the milk, pour that into the saucepan, then add the whole to the spaghetti in the pan, and bake it a yellow brown in as short a time as possible. It loses its richness if cooked too long, through the toughening of the cheese. This butter ought to be yellow as gold.

Scallopade.—Soak one cup dry bread-crumbs in new or fresh milk. Beat into this three well-beaten eggs. Add tablespoon melted butter and a half pound grated cheese. Sprinkle the top with sifted bread-crumbs and bake in the oven a delicate brown. A delicious relish to eat with thin bread and butter.

CONFECTIONERY.

There are very few modern kitchens in which some cooking utensils may not be found convenient for making candy. A sauce-pan of tinned iron, with a handle and flaring sides, and a lip to facilitate the pouring of the contents, will be found best adapted to such use; or a small iron or brass kettle will do if kept quite clean.

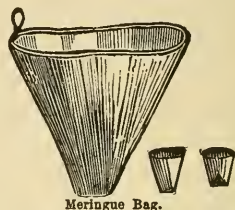
Dissolve four pounds white sugar (granulated sugar is preferred) in one quart water, place this in a porcelain kettle over a slow fire for half an hour, pour into it a small quantity of gelatine and gum-arabic dissolved together, or white of an egg; all the impurities which rise to the surface skim off at once. To make the clarifying process still more perfect, strain through a flannel bag. Another way to clarify sugar or syrup is to put two pounds sugar, one pint water, and well-beaten white of an egg into a preserving-pan or lined saucepan. When sugar is dissolved place over the fire, and when it boils throw in a cup cold water, and do not stir the sugar after this is added. Bring to the boiling-point again, and then place the pan on back of stove or range to settle. Remove all scum and the syrup will be ready for use. The scum should be placed on a sieve, so that what syrup runs from it may be boiled up again; this must also be well skimmed. It will take about twenty minutes for the sugar to dissolve, and five minutes to boil. After clarifying confectioners prepare different degrees of sugars as follows:



Sauce-pan

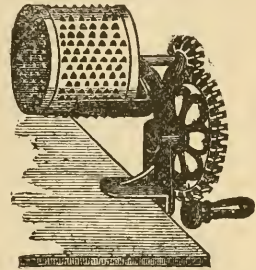
Candy or Thread Sugar.—Having clarified the sugar put syrup over the fire and let boil until smooth, dip a skimmer into sugar, touch it with thumb and fore-finger, first dipping them in water, and instantly open them, when a fine short thread of sugar will form; a few minutes' more boiling and the thread will be longer and stronger, and has attained the first degree. *Souffle Sugar.*—Boil the syrup still longer, then dip in the skimmer and blow off the syrup. If boiled long enough bubbles will form on the holes of the skimmer. The second degree is reached. *Feathered Sugar.*—Boil still longer, again dip the skimmer, shake it, and give a sudden flit; if boiled enough the sugar will fly off like small feathers or down. *Crackling Sugar.*—Boil still longer, till on dipping a stick into the pan and plunging into cold water the sugar snaps and becomes instantly hard. *Caramel or Spun Sugar.*—First boil one pound sugar and one gill water together very quickly over a clear fire, skimming it very carefully as soon as it boils. Keep boiling until it snaps when a little of it is dropped in a pan of cold water. If it remains hard, the sugar has attained the right degree; then squeeze in a little lemon-juice and let remain an instant on the fire; then set the pan into another of cold water, and the caramel is ready for use. The insides of well-oiled moulds are often ornamented with this sugar, which with a fork should be spread over them in fine threads or network. A dish of light paste, tastefully arranged, looks very pretty with this sugar spun lightly over it, and it makes an elegant coloring for any sweetmeats. The sugar must be carefully watched, and taken up the instant it is done. Unless one is very experienced and thoroughly understands the work, it is scarcely worth while to attempt this elaborate ornament, yet if these directions are carefully followed one may be successful. To make rock candy, boil the syrup a few moments, allow to cool, and crystallization takes place on the sides of the vessel. To make other candies, bring the syrup very carefully to such a degree of heat that the "threads" which drop from the spoon when raised into the colder air will snap like glass. When this stage is reached add a teaspoon of vinegar or cream tartar to prevent "graining," and pour into pans as directed in the recipes which follow. Butter should be put in when candy is almost done, and flavors are more delicate when added just after taking from the fire. To make round stick candies, pull, and roll into shape with well-floured hands as soon as cool

enough to handle. In making candy into flat sticks, squares, or any shape, indent it when partially cool with a warm knife rubbed with butter, and when cold it will separate easily. Colored candies are often injurious, and sometimes even poisonous, and should be avoided. In making meringues, trifles and kisses, use fine powdered sugar ("Confectioners' XXX" is the best grade) and provide a cone-shaped bag of strong, heavy linen or ticking—or for once using, strong brown paper will do—through a hole in the small end put a funnel-shaped tin tube one-half inch in diameter at the small end, and provided with a flange at the other to prevent it from slipping quite through (these tubes are of various shapes for kisses, trifles, lady-fingers, etc.), tie the small end of the bag firmly around the tube, and holding bag in right hand squeeze the mixture through in shapes desired, using a good deal of pressure if cakes are to be large, but if small very little will do. Bake in a very moderate oven, or let dry in cool oven for two hours. The oven for meringues, kisses, etc., should be slower than for angel cake, and kept at an even temperature; if meringues are exposed to much heat they will be spoiled. When powdered almonds are to be used, they should be thoroughly dried in the open air after blanching, and they will pulverize more easily. In making macaroons or drops, or pulling butter-scotch or taffy, butter hands lightly to prevent sticking. Flouring the hands is apt to give an unpleasant taste to the candy.



Blanched almonds should always be prepared the day before wanted that they may become perfectly dry before using. To blanch them, shell and put them into hot water *after* it comes to a boil, and let boil a few minutes, then throw them into cold water, slip off the skins and dry in the open air. Never dry them in the oven, which takes away the oil. Shelled almonds are more economical for use in cakes or confectionery. One pound of unshelled almonds only makes six and one-half ounces or one coffee-cupful when shelled, while the shelled are generally only double the price, and sometimes not that per pound. The Princess is the best variety to buy in the shell. The bitter almond is considered injurious to animal life and should be used with great caution. Of the shelled sweet almonds the Jordan is the finest, though the Sicely is good. To prepare

cocoanut make an incision through the meat at one of the holes in the end, draw off the milk, pound the nut well on all sides to loosen the meat, crack, take out meat, and set pieces in heater or in a cool, open oven overnight, or for a few hours, to dry—or better in open air, as too much heat dries the oil—then grate; if all is not used, sprinkle with sugar (after grating) and spread out in a cool, dry place, and it will keep for weeks. Dessicated cocoanut may always be used in place of the fresh, first moistening slightly with milk. If one is at hand use the labor-saving grater for grating cocoa-nut and almonds, for which it is designed, as well as for pumpkins, horse-radish, and such other articles as need treatment on a coarse grater. It is fastened to a strong frame which is screwed to a table, and as will be readily seen does its work with great rapidity. This is as great an improvement in its way as the modern egg beater is over a spoon. For sending away home-made confections or bride's cake very pretty little satin satchets are made, which are of course much more highly prized by the recipients than the fancy boxes for that purpose to be had of confectioners. The white wire candy tongs illustrated are an excellent substitute for silver, where the latter can not be afforded, for use in serving candies provided for dessert.



Labor-saving Grater.



Candy Tongs.

Peanut Candy.—Boil two pounds brown sugar, one gill good molasses and half pint water, until it hardens in cold water when dropped from a spoon, add two teaspoons vanilla, teaspoon soda (dry), and four quarts skinned peanuts (measured before they are shelled). Turn into shallow, well buttered pans, and press down smooth with wooden spoon. When partially cold cut into strips. All kinds of nuts may be thus used. Or fill buttered tin tray to depth of about an inch with nuts, and pour over just enough of candy mixture to barely cover; cool and mark as directed. Or boil pound of white or "Coffee C" sugar and two gills water (general rule for all candies is gill water to half pound sugar) and a pinch cream of tartar, dissolved in hot water. Test and use as above.

Cocoanut Patties.—Grate a good fresh cocoa-nut on a grater, letting none of the rind fall. Spread the cocoa-nut thus grated on

a dish and let it stand in some cool, dry place two days to dry gradually. Add to it double its weight of sifted powdered sugar, the whites of six eggs, well-whipped, and a cup flour to every pound sugar. Drop the mixture on a baking-tin, a spoonful at a time, or into drop-cake tins. Bake in very gentle oven about twenty minutes, take from tins while warm and when cold put away in close tin box or can.



Cocoa-nut Patties.

Bergamot Drops.—One pound sifted granulated sugar, one gill bergamot water, mixed well over the fire about five minutes. Drop in very round drops on paper.

Centennial Drops.—White of one egg beaten to a stiff froth, quarter pound pulverized sugar, half teaspoon baking powder; flavor with lemon; butter tins and drop with teaspoon about three inches apart; bake in a slow oven and serve with ice-cream. This is also a very nice recipe for icing.

Chocolate Drops.—Scrape or grate chocolate to a powder, and mix one ounce of it with each pound sugar used; make into paste with cold water and boil up gently. Drop on thick white paper from a spoon to cool and dry. *Coffee Drops* made same way, allowing one ounce finely powdered coffee to one pound sugar.

Cinnamon Drops.—Put one ounce cinnamon in a mortar, sifting it afterwards through a fine hair or silk sieve; mix with it over the stove a pound loaf sugar moistened with a very little water. Take the mixture up in a teaspoon and drop on stiff white writing paper. Let them get cold and they will come off easily. Make *Clove Drops* same way.

Cocoa-nut Drops.—One pound cocoa-nut, half pound powdered sugar, and the white of an egg; work all together and roll into little balls in the hand; bake on buttered tins.

Fresh Damson Drops.—Bake some damsons, skin, stone and strain through a sieve. Mix enough sifted powdered sugar to make a thin paste, drop on paper and let them get quite dry; then put them on a sieve, wetting it a little or they will stick. They must again dry on a stove and be kept in a box.

Ginger Drops.—Pound and sift as much ginger as you wish the drops to taste of, and stir with one pound loaf sugar and a little water over the fire until it boils up. Drop and dry on paper.

Lemon Drops.—Squeeze the juice from six good lemons and add sifted loaf sugar until so stiff it can hardly be stirred; put in shallow saucepan and stir over the fire five minutes. Drop from a spoon on thick paper.

Lemon and Peppermint Drops.—Set a quantity of granulated sugar and a little water over the fire in a saucepan with a lip, in the proportion of two ounces water to one pound sugar. It must not come to a full boil, but remove from stove just as the bubbles that denote the boiling point is reached begin to form; let cool a little, stirring rapidly, add strong essence lemon or peppermint to taste, and drop as uniformly as possible on sheets of manilla paper, tilting the vessel slightly and stroking off the drops from the lip with bit of stiff wire or a spoon. Keep in a warm place for a few hours to dry. Delicious drops may be made by substituting juice of fresh fruits for essence, or using any other essence preferred.

Orange Drops.—Squeeze out the juice of three good lemons, adding some sifted powdered sugar; grate six small sweet oranges, put all in a shallow pan on the fire till it is of a nice thickness, stir continuously with a wooden spoon five or six minutes. Take the mixture from the fire and drop it on thick white paper in small drops.

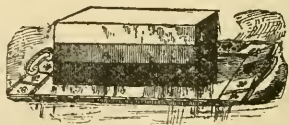
Orgeat Drops.—Pound well in a mortar four ounces blanched almonds, moistening with a little water, and make a paste. Flavor with orange flower water, strain the whole through a cloth, moisten with half pound powdered sugar and form into drops on paper to dry.

Strawberry Drops.—One-half pound each juice and powdered sugar, well-frothed whites of two eggs; mix all together and drop on tins, putting in very cool oven to dry. Any *Fresh Fruit Drops* made same way.

Everton Cream Candy.—Squeeze juice of one large lemon into a cup; boil one and one-half pounds moist white sugar, two ounces butter, one and a half cups water, together with half the rind of the lemon, and when done (which may be known by its becoming quite crisp when dropped into cold water) set aside till boiling has ceased and then stir in the juice of the lemon, butter a dish and pour in about an inch thick; when cool take out peel (which may be dried), pull until white, draw out into sticks and check about four inches long with a knife. If you have no lemons, take two tablespoons vinegar and two teaspoons lemon extract. The fire must be quick and the candy stirred all the time.

French Cream Candy.—Put into a saucepan one pint water to each pound sugar; boil carefully, for upon this depends the success of the candies; when it has boiled ten minutes (do not stir while boiling) it is time to try it; drop from the spoon into a bowl of ice water and if when it falls to the bottom you can take it up between the thumb and finger into a soft ball, which must not be sticky, it is at the right point. Set from the fire, and if when cool a thin, jelly

like film forms over the surface, it is properly done, and the candy may be made; but if the coating over the top seems at all *sugary* and the candy is wanted creamy and nice, a few spoonfulls of water must be added and the syrup returned to the fire and boiled until the proper consistency is reached, which test as before. Do not let it become the least brittle; if it does, add water and cook again. A pinch of cream tartar helps to check the tendency to return to sugar. When the syrup is perfectly done and cooled so that the finger may be borne in it, beat rapidly with a spoon, and in ten minutes it should be a white paste resembling lard, which can be worked like bread dough. This is the foundation for all fine candies and is called by French confectioners *Fondant*. The simplest French candies are made from this by coloring yellow and flavoring with lemon, or pink and flavoring with raspberry, and working into balls, cones, shells, grooved cones, or any shape fancy dictates, and letting them stand until they harden. Or into the pink colored *fondant* work chopped English walnuts, flavor with vanilla, press into oiled paper cases an inch wide and deep, and three or four inches long, and when firm turn out and cut into cubes for *Walnut Creams*. Or use chopped almond, leaving the paste white, flavor with vanilla, and make *Vanilla Almond Cream*. Work into a piece of the paste or *fondant* chopped almonds, citron, a few currants and seedless raisins, flavor with lemon, vanilla or raspberry, shape in paper forms and the result is *Tutti Frutti Candy*. One should bring into use the inventive faculties and with the above as helps make as many other varieties as wished. A very handsome variety is called *Ribbon Cream Candy* and is made thus: Divide a quantity of the paste prepared as directed into three equal parts, leaving one white, color one pink with cochineal and another brown with melted chocolate, flavoring each to taste; divide the brown and white into two parts, making into strips an inch and a half wide; make the pink also into a strip of same width and length, which will leave it twice as thick as the others. Lay a strip of the brown on a piece of manilla, or buttered or waxed paper, then a strip of white on that, then the pink, then the white, and finish with the brown; press lightly to make them adhere but do not squeeze out of shape; leave a few hours to harden, trim smoothly with a knife and cut crosswise into slices half an inch thick, lay on waxed or manilla paper to dry, turning occasionally, and pack away in boxes. If the paste becomes hard while working, let it stand over hot water a few minutes; or if wished fresh for dessert, do not divide the colors but form into a small brick, as in cut, with brown layer first, then the pink, with white on top. Place on small fruit plate and serve by cutting in thin slices. *Cream Walnuts* or *Almonds* are made by shelling and drying the nuts and then dipping into the paste, first melted over boil



Ribbon Cream Candy.

ing water until it is like cream. If the nut shows through the cream it is too hot and must be set out of the water and beaten until cool and thick enough to *thoroughly* coat the nuts. If it hardens return to the boiling water. Dry the creamed nuts on manilla paper. Another variety of nut candy is made by rolling the paste into balls and placing half a whole kernel of walnut, almond, or other nuts on each side, pressing it in until it adheres firmly. *Chocolate Creams* are made by boiling a half pound sugar and three tablespoons thick, sweet cream, till it makes a *soft* ball in water; let it cool, then beat till it is very white, flavor with a few drops vanilla and make into balls size of a small marble; warm some unsweetened chocolate and mix it with a piece of the melted paste (using more chocolate than paste) until quite smooth and thick enough to coat the creams. Drop the balls into this with a fork and take them out to dry on waxed paper.

French Cream Candy (Uncooked).—Used by all confectioners. Mix whites of two eggs and their bulk in water in a large bowl; beat very well, add a dessert-spoon vanilla and about two pounds "XXX" confectioners' sugar finest grade of powdered sugar), well sifted, beat well, and the paste is ready. Take one-half pound dates, remove stones, put in a piece of the candy paste and roll each one in granulated sugar. For *Fig Candy*, split one-half pound figs and place a layer of the dough on a board, first sprinkled well with powdered sugar to prevent its adhering, then a layer of figs, again a layer of dough, and cut in squares. Nuts of any kind may be made up into candy by using the meats for the foundation or inside of little balls of paste, and then roll in coarse sugar; set each kind out in a cool place to harden. For *Chocolate Creams* roll any number of balls size of small marbles from the dough and when they are hardened dip with a fork into some baker's chocolate melted on the stove. Be careful not to allow it to boil; better to melt in a little cup placed in pan of hot water on the stove. *Cocoa-nut Candy* may be made by rolling out another portion of the dough on the floured board, sprinkle with cocoa-nut, roll a few times with the roller, and cut into squares. A mixture of cocoa-nut and nuts chopped fine makes a delicious candy. For *English Walnut Candy* split the walnuts, shape some of the dough into round flat balls, place a half of the nut on each side and press firmly. Use hickory-nut meats for *Hickory-nut Candy*. This candy is now being made in society circles a good deal, as there is no cooking to be done and it is very easy and clean work. A dollar's worth of all the ingredients together will make many pounds of candy.

Lemon Cream Candy.—Steep grated peel of one lemon in juice of two one hour and strain, squeezing cloth hard to get out all the strength; boil six pounds best white sugar with three cups water until it hardens in cold water; stir in the lemon juice, boil one min-

ute, add one teaspoon dry soda, stirring in well, and turn out upon broad, shallow, buttered dishes. Pull as soon as can be handled into long white ropes and cut into lengths when brittle. Use same recipe, substituting vanilla flavoring instead of lemon for *Vanilla Cream Candy*.

Chocolate Caramels.—Dissolve one and two-thirds pints granulated sugar in three gills of cream or rich milk to which has been added a pinch of pulverized cinnamon and quarter teaspoon of cream tartar dissolved in a little hot water. Add nine tablespoons grated chocolate melted by placing in a bowl set into hot water or over the teakettle. Boil the mixture rapidly, *stirring constantly* until a bit of it dropped into cold water will not adhere to the teeth when eaten. Take care not to let it pass the right point, as the delicacy of the caramel is its charm. Pour out to cool into wide, shallow tins, in a layer about half an inch thick. Do not scrape the sides or bottom of dish, as the caramel next the kettle is very likely to become grained and if mixed with the rest is injurious. Scrape this paste into separate tins. The tins should be well buttered. When nearly cold cut candy into squares with a rule (a thin strip of steel or hardwood with one side sharpened to a dull edge) having first buttered the edge. It requires some experience and skill to make first-class caramels, and they should always be used when fresh as they spoil quickly. For *Pine-Apple, Vanilla* or *Lemon Caramels*, flavor above very highly with any of the flavors wished. For *Cocoanut Caramels*, when syrup is a soft wax when tested in cold water, sift in slowly a gill and a half finely-grated cocoanut, stirring constantly and finish as above. Maple sugar may be used in any of the recipes instead of the white. For *Molasses Chocolate Caramels*, take a pint and a half best New Orleans molasses in place of sugar and water, and add chocolate just before it is ready to turn out; butter size of an egg may be used, and stir only when chocolate is put in.

Chocolate Macaroons.—Blanch and pound in a mortar with a little white of an egg, half pound shelled almonds; add pint and one-third pulverized sugar, one quarter grated rind of a lemon, whites of four eggs, six tablespoons grated chocolate, and drop with teaspoon on paper (manilla) lined pan, or use meringue bag as in meringues; bake in quick oven, sprinkle with sugar if wished. For *Almond Macaroons* omit chocolate. For *Lemon Macaroons* make as last, using juice of one lemon instead of rind. For *Cocoanut Macaroons* use quarter of a pound each grated cocoanut and sugar in place of chocolate and thin to the thickness of first recipe with the milk from the cocoanut. For *Snow Macaroons* use scant pint pulverized sugar and whites of two eggs thoroughly beaten together and flavored as wished, in place of chocolate in first recipe; make into egg-shaped balls and bake as above. For *Swiss Macaroons* ball

two-thirds pints pulverized sugar and gill and a half water till it threads, remove from fire, stir it well, scraping down the sides; after four minutes add whites of three eggs, beaten thoroughly, then a smooth paste made by pounding three-quarters of a pound almonds with a little milk, and baking as above. Two can be put together as meringues if wished, using a little white of egg to make them stick. For *Vanilla Macaroons* make as first recipe, using one tablespoon vanilla sugar in place of chocolate.

Cocoanut Cones.—Pound one pound blanched and shelled almonds in a mortar with whites of twelve eggs till smooth. Prepare and grate three large cocoanuts, and with three pounds sugar, work into the pounded almonds and eggs, mold into cones size of an English walnut, place on buttered paper a little distance apart and bake in a moderate oven. Dust with powdered sugar before baking if liked; or put in saucepan pound each butter and grated cocoanut with whites of two eggs; cook fifteen minutes, stirring all the time and turn out on marble slab; when cool mold into cones or balls and bake on a greased pan to a delicate brown in a moderate oven. For *Cocoanut Cream Candy*, boil pound white sugar and half pint water and scant quarter teaspoon cream tartar (dissolved in hot water) and flavoring as wished, till, when tested in cold water, it forms a soft ball when taking out of the water with the fingers. Take off fire and cool a few moments in kettle; then with wooden paddle rub and scrape it against sides of kettle till it becomes milky, when quickly stir in four ounces grated cocoanut. Stir a few moments longer, then pour into wide shallow pans lined with white paper, with the paper projecting a little at each end. When cold lift by paper from pan and cut the candy into squares or as wished. Moisten paper slightly and tear it off. For a *Nut Cream Candy* use any chopped nuts wished in place of the grated cocoanut. For *Cocoanut Drops* rub half pint each butter and sugar, add yolks of two eggs beaten with two teaspoons cold water, pint and a half flour and one grated cocoanut; beat well and drop with a teaspoon on a buttered plate and bake in a quick oven. For *Lemon Drops* use chopped peel of two lemons.

Favoritas.—Dissolve one pound best granulated gum-arabic in three gills of water by stirring constantly over a moderate fire, not permitting it to come to a boiling point. When thoroughly dissolved pour through a wire strainer, wash out kettle, return the strained liquid, add twelve ounces of pulverized sugar and two gills of water. Boil down carefully to a very thick liquid. It is safer to do this in a custard kettle, but the process is slower and tedious as it must be constantly stirred. It must be so thick that it will only pour very slowly from the kettle. Remove from fire, add flavor and color (if color is desired) and set aside to settle. Prepare on molding trays as described hereafter, making the indentations in the usual form of gum-

drops, and when the contents of the kettle are cold and thick like honey, skim the surface, and fill molds with the clear liquid. When filled sift a little fine sugar or starch powder over the tops of the drops, and put away to harden. Leave them undisturbed for two or three days, then remove from the powder, and if they are sufficiently firm to bear handling put them into a hair seive, and gently shake until the particles of powder are removed, then brush them with a broad soft brush. When thoroughly dry they may be crystallized or left plain. The usual flavors are lemon, rose or wintergreen.

The molding tray or box is shallow and should be filled with the finest corn-starch or sugar dust. Smooth the surface with a rule, and make indentations in the powder with any desired pattern. The glass top of a cruet bottle, the end of a wooden handle, a button mold, or any convenient article may be used for the purpose. The impression should be as smooth as it is possible to make them.

Icicles.—Cream two-thirds of a pint pulverized sugar with one gill butter, add well beaten yolks of five eggs, three-quarters of a pint flour (more if needed to make a stiff batter), level teaspoon cinnamon, half a nutmeg grated, and juice of half a lemon, and last the well beaten whites. Heat wafer-tongs over a moderate fire, grease with a bit of butter tied in a piece of muslin, and put in two tablespoons of the batter, shut up the tongs, turn often and when cake is delicately browned take out with a knife, dust with pulverized sugar and roll it around a smooth round stick, half an inch in diameter, and when cold slip the icicle off. In lieu of tongs, drop the batter on a buttered pan (dusted with flour and then shaken off) spread out very thin, bake a delicate brown, and roll as above. Serve with ices and ice-creams. They are more delicious when filled with whipped cream, the ends being closed with a Favorita, or any small preserved fruit, and are then known as *Creamed Icicles*. For *Almond Icicles*, pound a tea-cup of shelled and blanched almonds, with a little milk, to a fine paste, add two-thirds pint sugar, and milk enough till batter will drop from spoon. Stir in lightly the well-frothed whites of three eggs, and half a tablespoon vanilla sugar. Finish as above.

Mallowines—Dissolve pound of clean gum arabic in quart water; strain, add pound of refined sugar, and place over fire, stirring continually until sugar is dissolved and mixture has become the consistency of honey. Next, add gradually whites of eight eggs well beaten, stirring mixture all the time, until it loses its stickiness and does not adhere to the fingers when touched. Pour into a pan or box slightly dusted with starch, dust the top, and when cool divide into small squares.

Kisses.—Beat whites of four small eggs to a high, firm froth, stir into it a half pound sifted powdered sugar, two teaspoons at a time, flavor with essence of lemon or rose, and beat very light; then squeeze through the meringue or confectioner's bag heretofore described (using tube like one in cut if you have it), or drop half the size of an egg a little more than an inch apart on manilla paper spread over a half inch board, previously soaked in cold water, and place in moderate oven. As soon as they begin to look yellowish take them out.



Almond Macaroons.—One pound blanched almonds ground very fine with a little sugar to keep from oiling, rub whites of twelve eggs, without whipping, into the almonds until perfectly smooth. Add one and one-half pounds pulverized sugar, two ounces corn-starch and two ounces flour, stirring each in gradually and thoroughly; make into balls with a knife or meringue bag, place on ungreased papers on tins and with a pastry brush dampen each one and pat into shape before putting in oven.



Macaroons.

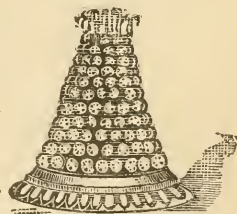
Chocolate Macaroons are made in exactly the same manner, working two ounces chocolate cooked with one-half cup water and one ounce sugar into the almond macaroon paste when ready to make into balls. Make *Hickory-nut* and *Pecan Macaroons* in same way, taking the finely-chopped nut meats instead of almonds, and omitting the flour, using four ounces corn-starch.



Pastry Brush.

Lemon Macaroons.—One pound powdered sugar, four eggs whipped very light, juice of three lemons and grated peel of one, one heaping cup flour, heaping teaspoon baking powder, one-half teaspoon nutmeg; butter the hands, take up small lumps of the mixture and make into balls the size of a walnut. Bake in brick oven on sheets of manilla paper, placing them more than two inches apart.

Pyramid of Macaroons.—Boil loaf sugar to the candy point (see preface candy), rub butter over the outside of the tin or paper form, set firmly on a plate or table, and begin at the bottom by putting a row macaroons around it, sticking them together with the prepared sugar, then adding another row, and so on until finished. When the cement is cold the pyramid may be taken from the form. Kisses, or cocoa-nut drops, being lighter, are more difficult to make in this form than macaroons.



Macaroon Pyramid.

Meringues.—One pound powdered sugar, whites of nine eggs; whip eggs until dish can be inverted without their falling off, and then simply add the sugar, two teaspoons at a time, incorporating it

thoroughly, but stirring as little as possible; put together quickly and when properly made the dough will stand up stiffly if cleft with a knife. The dough, or a part of it, is sometimes colored with cochineal; have ready either hickory or maple boards three-fourths of an inch thick, to fit oven, soak them fifteen minutes in cold water and cover them with strips of heavy manilla paper about two and a half inches wide; on these drop the mixture from the end of a dessert-spoon (or use the meringue bag), giving the meringues the form of an egg, dropping them about two inches apart on the paper, and bake till a light brown. They should bake very slowly, as the longer they are baked the thicker the crust will be. Leave the oven door open for a half hour at least.

Take up each strip of paper by the two ends, turn it gently on the table, and with a small spoon take out the soft part of each meringue, strew over them some sifted sugar and return to oven bottom side up to brown. This recipe makes four dozen double meringues and they may be kept for weeks. When wanted for table, fill with whipped cream, ice-cream or jelly, place two of them together so as to inclose the filling and serve. To vary their appearance, finely chopped almonds or currants may be strewn over them before the sugar is sprinkled over, and they may be garnished with any bright colored preserve. Or, instead of making above shape, form the meringue dough into half balls about six

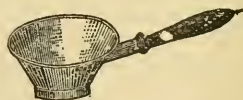


Meringues.



inches in diameter; dry them in the oven very slowly, so that the crust is about one-third of an inch thick. When emptied of the soft interiors and when cold, two shells are placed on a platter like an open clam shell, and the whipped cream (already set by being on ice) is banked between them, as shown in cut, reaching as high as suits the fancy. The cream may be decorated with berries, sliced nuts or candied fruits, or served without ornamentation.

Marsh-Mallow.—Take one pound each gum arabic and fine sugar, half a pint of the decoction of marsh-mallow root, two or three drops essence of neroli, or a small quantity of orange flower water and whites of six eggs; pulverize the gum arabic very finely, after which place it in a round-bottomed basin (which must be very clean and bright). Add to it one and a half pints water, place it upon a *slow* fire to dissolve, stirring it constantly with a wooden spatula or paddle to prevent its adhering to the bottom and scorching. When it is entirely dissolved strain through a fine wire strainer into a clean basin. Now add the decoction of marsh-mallow and sugar, place over a slow fire (one covered with a thin layer of ashes), and cook to a thick consistence, stir-



ring constantly ; add well-whipped whites and continue stirring without intermission in order to whiten it and also to prevent its sticking to the pan, which would discolor and entirely spoil the paste. Test it by placing the back of the hand upon the paste ; if it does not adhere to it, it is done. Add the neroli or the orange flower water, continue to stir a few minutes longer, then place on marble slab well dusted with starch or sugar powder. Flatten out and dust with starch powder, and when it has become cold cut it into strips or pieces. Keep in tin boxes well powdered with starch in order to prevent it from sticking. Cover boxes tightly so as to keep the air from it as much as possible. This is the genuine and original marsh-mallow paste, the best article that can be made. Some dispense with the mallow root on account of its unpleasant taste and in lieu thereof use apple juice, or a decoction of apples, which is supposed to be equally good and to possess the same healing qualities as the mallow. Others again use only pure water in the preparation of this paste. It is then simply *pate de gomme*, although its appearance is precisely the same as that of mallow paste. It is also sometimes flavored with extract of vanilla or raspberry juice, and sold as *pate de guimauve*.

White Nougat.—Ten pounds white sugar, half gallon strained honey, three pounds blanched almonds, one tablespoon oil of lemon. After the sugar is melted and strained cook until nearly done ; have the honey boiling and pour on the sugar in the kettle ; set it on the fire again and when it boils up well pour out on a greased marble ; add the oil of lemon. When cool enough to handle turn it up and bleach on a candy-hook ; when white take off and spread it on the marble and sprinkle the blanched almonds over it, fold up and spread out again, adding more almonds. Continue working it over the same way until all the almonds are worked in, then form into a long bar and cut up in square pieces.

Pop-corn Balls.—Dissolve one ounce white gum arabic in half pint water, strain, add one pound granulated sugar and boil until when a little is cooled in a saucer it becomes so thick as to be stirred with difficulty. Pour over a half bushel of freshly popped corn and when well stirred up the kernels will adhere in a mass ; form into balls by pressing with the floured hands. Ordinary molasses may be used for this purpose boiled to same degree, no gum being necessary. *Pop-corn Cake* is prepared the same, putting the mass while warm into tins and pressing with rollers into thin sheets, afterwards dividing them into small square cakes.

Everton Taffy.—Use brown sugar, and to each cup take quarter pound very best butter ; put into a clean, bright basin or pan and melt together over a brisk fire, stirring constantly with a wooden spatula, adding a few drops lemon juice. Ten minutes' boiling will bring it to the desired degree, the *crack*, which may be known by dropping a little upon a cold plate or saucer ; if it hardens at once,

it is done ; add lemon or vanilla flavoring just before the cooking is completed ; pour it into buttered pans or on a marble table (slightly buttered), and, when cool enough, cut or mark it with a greased knife into square tablets ; loosen it from the marble by running a knife under it before it becomes entirely cold. This is the real English recipe and and is the favorite confection of all true Britons.

Hickory-nut Taffy.—Two pints maple sugar, half pint water, or just enough to dissolve sugar ; boil until it becomes brittle by dropping in cold water ; just before pouring out add table-spoon vinegar ; having prepared the hickory-nut meats in halves, butter patty pans well, line with the meats, and pour taffy over them.



Patty Pan.

French Trifles.—These are made same as kisses, but the board upon which they are baked should not be wet, that they may harden through. A cut of tube to be used in confectioner's bag when shaping them is here given.



Sugar Threads.—Boil sugar until brittle, put a few drops on buttered form and draw out the thread. If sufficiently cooked the thread can be twisted into any shape. If it becomes too cold to work, heat again.

Kiss Wafers.—Half pint blanched bitter almonds, heaping cup powdered sugar, whites of six eggs, one-third cup flour, two tablespoons corn-starch ; blanch the almonds and pound them in a mortar, adding as soon as they are broken the white of an egg. Pound until very fine. When there is a smooth paste add the sugar, a little at a time, the whites of two eggs, one at a time, and the flour and corn-starch. When thoroughly mixed, add by degrees the three remaining whites. Butter the bottom of a flat baking pan and put the mixture on it in spoonfuls ; spread it very thin, especially in the center, and bake in a quick oven. The moment the cakes are taken from the oven roll into the shape of cornucopias. If allowed to cool they cannot be rolled, and for this reason it is best to bake only half a dozen at a time. When all are shaped, fill with the kiss mixture made by beating whites of three eggs to a stiff froth, and stirring into them, lightly, four tablespoons powdered sugar. Place the wafers in a warm oven for twenty minutes or half an hour, to dry. With the quantities given two dozen can be made.

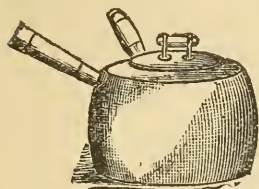
Cochineal Coloring.—This is said to be quite harmless and is made by taking one ounce each powdered cochineal, cream tartar, two drachms alum and a half pint water. Boil cochineal, water and cream tartar till reduced one-half, add the alum and put into small bottles. Use to color candies, cakes, blanc-mange and jellies.

CREAMS AND CUSTARDS.

There are very few articles of food prepared for the table that so completely unite ornamental and appetizing with substantial and nutritious qualities as creams and custards. Milk and eggs are concentrated and complete foods, and the fact that the arts of cookery have given them a feathery lightness does not change their character as an attractive and valuable food, for it must not be forgotten that the preparation of food in an attractive form is not only an appetizer but a stimulant to digestion.

To secure a creamy lightness always beat eggs in earthen or stone ware, never in tin. Beat through and through the eggs sharply, whites and yolks separately, adding whites last. If gelatine is to be used for cream, soak for an hour or more in a small quantity of milk or cold water in a bowl set in top of teakettle. When dissolved remove custard from stove and pour gelatine into it. The usual proportion for custard is four eggs, two gills sugar and salt-spoon salt, to quart of milk. Bake custard in a dish or cups set in a pan of hot water, until firm in the centre. A moderate oven is required. If too hot the custard will turn in part to whey. Its delicacy depends on a moderate heat. Yolks alone make the finest boiled custard and floats, but the yolks should be strained through a fine sieve after beating. When custard is done the whipped whites may be placed over the top while hot. *Double Cream* is cream which has stood twenty-four hours, and which will all "whip." Always boil milk in an iron kettle with another inside, the latter lined

with tin), or in a pan or pail set in a kettle of *boiling* water; when the milk reaches the boiling point, which is shown by a slight foam rising on top, add the sugar which cools it so that the eggs will not curdle when added; or, another convenient way is to mix the beaten and strained yolks with the sugar in a bowl, then add gradually several spoons of the boiling milk, until the eggs and sugar are heated



Custard Kettle.

through, when they may be slowly stirred into the boiling milk. Let remain a few moments, stirring constantly until it thickens a little, but not long enough to curdle, then either set the pail immediately in cold water or turn into a cold dish, as it curdles if allowed to remain in a hot basin; add flavoring extracts after removing from the stove. Peach leaves, vanilla beans, or laurel leaves give a fine flavor, but must be boiled in the milk and taken out before other ingredients are added. The only spices used in flavoring custards are nutmeg and cinnamon. Lemon is liked by many but the white part of lemon rind is exceedingly bitter, and the outer peel only should be used for grating. A better way is to rub the rind off with hard lumps of sugar. The sugar thus saturated with the oil of the lemon is called "zest," and is used, pounded fine, for creams, etc. Boiled custards are very difficult to make, and must have closest attention until finished. Custards may be prepared as above, mixing the milk, eggs and sugar, and then placing in pan to steam instead of boiling.



Grater.

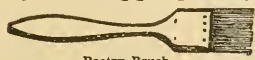
In making *Charlotte-russe* it is not necessary to add gelatine. The filling may be made of well-whipped cream, flavored and sweetened, using a "whip-churn" or the "Dover Egg-beater" to do the whipping. When other ingredients are to be combined with the whipped cream for filling, leave the cream on ice until all are ready, then turn cream into the mixture, whip through gently, let stand a few minutes and whip again, keeping it on ice till it seems to be thickening, when it should be turned into a plain mold previously lined with cake, which should also be kept on ice until ready to serve. Any deep pan will do, which should not be wet or greased but lined with clean manilla paper. If sponge cake is used cut in sheets to fit bottom and sides



Mold.

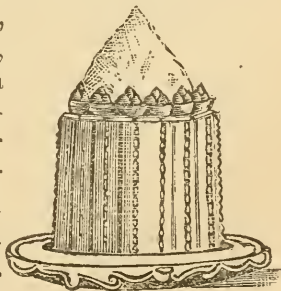
smoothly. When lady-fingers are used the ingenuity of the cook may be brought into play in their arrangement, placing them diagonally around the sides, forming a star or rosette in the bottom, cutting into desired shapes to carry out any design.

A large charlotte-russe could easily be given the form of a fort by molding in deep conical shaped pan, leaving holes at intervals in the sides of the cake lining, and after turning out inserting therein lady-fingers to represent cannon, ornamenting top with darts or arrows of isinglass with bits of jelly on the points. A full slice of pine-apple divided into eighths and the rind turned in the center, leaving the points to turn out in the form of a star, filling the center with whipped cream, makes a handsome finish for the top of charlotte-russe or a pine-apple cake. Icing the sides is also an improvement; in short, ornament in any manner as fancy may dictate, with candied fruits, nuts, etc., which may be made to adhere to the cake by first dipping in syrup (sugar boiled to crackling). To make the



Pastry Brush.

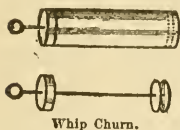
cake lining retain its place firmly, brush edges wherever cake or lady-fingers join with a very little of this hot syrup or with the white of an egg, or a little gum arabic dissolved in water, putting on so little that none adheres to the mold. The whole interior is sometimes brushed over with white of egg to make the cake firmer. If any sheet of cake is left, put upside down on board and spread over it a wet towel and it will keep perfectly. If eggs are used in the cream whip them first. If preferred, the charlotte-russe may be made into small molds, one for each person. Great care must be used in turning out, or the cream may burst the cake. Holding the mold in the left hand, place the plate or dish on which it is to be served over it with the right hand, and slowly and gently invert it. If desired, a piece of the cake may be shaped for a cover to the mold, which when served becomes the foundation. A much simpler and very nice way of preparing a case for charlotte-russe, is to bake a sponge cake in a fancy mold and when cold turn out and with a sharp knife carefully cut off the top, laying it to one side for the cover; replace cake in mold and remove the inside carefully, leaving



Charlotte Russe.

the cake at least an inch thick and as smooth as possible; then fill with the prepared cream, put on the cover and serve inverted, as above on plate; or simply scoop out the inside and after filling and turning from the mold turn it on another plate, leaving the cake right side up, and heap whipped cream upon the open top as illustrated.

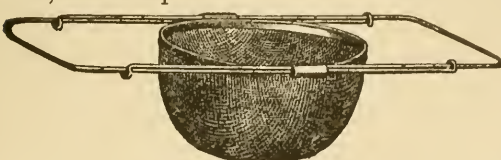
Cream intended for whipping should first be chilled on ice, and may be sweetened or flavored to taste either before or after whipping. Have a deep tin pan half filled with snow or pounded ice, and into this set another pan that will hold two or three times the quantity of cream before it is whipped; place the cream in a bowl, set on ice, and with a whip churn (or an egg beater if you have not a churn) whip to a froth, and when the bowl is full let stand a moment until the air bubbles break, then skim the froth into the pan standing on the ice, and repeat this until the cream is all froth; then with the spoon draw the froth to one side, and it will be found that some of the cream has gone back to milk; turn this into the bowl again and whip as before; or use a sieve as the receptacle for the whipped cream, placing it over a bowl to catch the drippings, which are re-whipped. The whip churn shown in the cut can be procured of almost any dealer or may be ordered from the tinner. It is operated



by placing the handle inside the tube and inserting the perforated end of the tube (slightly tipped) into the bowl of cream. By drawing up the handle and forcing it down again the cream is forced in and out of the holes in the tube and soon becomes a light froth, which is taken off as directed above. In cold weather it is not considered necessary by some to thus skim the froth, simply whipping rapidly until the whole stiffens. Be careful not to whip too long or particles of butter will form. When cream is difficult to whip, add to and whip with it the white of an egg. After the cream is whipped, work the froth with an egg whisk which makes it finer grained. If perfectly sweet use double cream for whipping. If too thick a little milk may be added.

Single cream is cream that has stood on the milk twelve hours, and is best for tea or coffee; double cream has stood twenty-four hours, and cream for butter often stands forty-eight hours. In putting together ingredients for custards always rinse out the bowl in

which yolks were beaten with a part of the milk used, so that none of the yolks will be wasted. When creams or custards through lack of proper attention have been cooked too long and become curdled, beating thoroughly with an egg beater will remove the unpleasant effect. The measurement of cream in the following recipes is given before it is whipped. The Bavarian cream recipes will make three or four times the quantity of unwhipped cream called for, and are therefore comparatively inexpensive for so elegant a dessert. Molds should always be wet in cold water for creams, russes, blanc-manges, etc., that are placed in them to stand until cold. If they do not turn



Custard Strainer.

out easily, dip for an instant into warm water. Before turning into molds some prefer to strain all blanc-manges, and cool six hours before

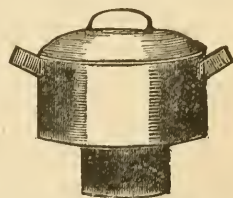
serving, or are even better made the day before wanted. Should custards cook up lumpy they should be strained, and many strain them before cooking, after putting all ingredients together.

Gelatine is usually put up in two-ounce packages, so that where recipes call for half package, one ounce should be used. In choosing gelatine or isinglass select that which is whitest, has no unpleasant odor, and which dissolves most readily in water. To test its purity drop a few threads of the substance into boiling water, some into cold water, and some into vinegar. In the first it will dissolve, in the second become white and cloudy, and in vinegar it will swell and become jelly-like. But if adulterated it will not so completely dissolve in hot water, in cold water it will become jelly-like, and in vinegar will harden. In preparing



Puree Sieve.

small fruits with seeds for creams, etc., mash through a *fine* woven-wire sieve, called a puree sieve—the ordinary flour sieve being too coarse. A very



Teakettle Steamer.

useful kitchen utensil is the little steamer designed to set over top of teakettle, in which creams and custards that need to be cooked over hot water may be very easily prepared, saving space of one utensil.

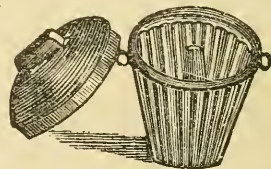
Macaroon Basket.—A pretty and unique way of serving macaroons with cream is as follows: Dissolve tablespoon gum arabic in half cup *boiling* water thoroughly; then stir in large cup white sugar. Boil gently until very thick. Set it while using in a pan of boiling water to keep hot. Take a round tin pail, butter thickly on bottom and sides, dip edges only of each macaroon in hot candy and lay them in close rows on bottom until it is covered. Let them get perfectly dry, and be sure they adhere firmly to one another before beginning the lower row of the sides. Build up wall one row at a time, letting each harden before adding another. When



Macaroon Basket.

basket is done and firm, lift carefully from mold, make a loop-handle at each end with four or five macaroons stuck together, set on a flat dish and heap with whipped cream. Sprinkle comfits over cream or ornament with bits of red jelly. Lady fingers, brushing edges with white of egg, may be thus utilized. For an *Orange Basket*, slice oranges nicely, place on skewers, dip then in hot candy and line bottom and sides of pail or mold (which must first be buttered) in same way. Leave until hard and cemented together, then fill with whipped cream. Or for *Orange Baskets*, remove fruit from interior of oranges carefully by making a small incision on one side of fruit, then cut skin into shape of a basket, leaving about half an inch of stalk ends for handles. Fill baskets with any cream, ices, ice cream, whipped cream, jellies, etc., and they make a very pretty ornament for table. The juice and pulp removed can be made into jelly or custard, or sent to table sweetened with sugar.

Chocolate Blanc-Mange.—Soak two-thirds box gelatine two hours in three pints of milk and then put in custard kettle. Cook three tablespoons grated chocolate, pinch of pulverized cinnamon, two each of sugar and boiling water in frying pan for a minute or two; add to milk with two more tablespoons sugar, cook two or three minutes and strain; flavor with vanilla sugar, place in sauce pan and put in molds to cool, and eat with cream.



Pudding Mold.



To serve very handsomely with cream, set to form in a mold with cylinder in center (any pudding or cake mold will do) one may be improvised by stitching together a roll of stiff paper just the height of mold, butter it well and hold in center of mold while filling, putting a light weight on it to keep in place; or, better still, use a bottle filled with shot or damp salt. When blanc-mange is turned out slip

out this cylinder, fill the cavity with whipped cream, raising it to pyramidal form, and heap same about the base; or, form in melon mold and serve with whipped cream around it.

Farina Blanc-Mange.—Set a quart new milk over boiling water, reserving a few spoonfuls in which mix three ounces farina; when the milk films add one-third cup sugar, the farina and a quarter teaspoon salt, and stir until cooked to thick batter; pour into wet mold, let stand three hours, and eat with sugar and cream, or any custard or sauce preferred.

Raspberry Blanc-Mange.—Stew nice fresh raspberries, strain off the juice and sweeten to taste; place over the fire and when it boils stir in corn starch wet in cold water, allowing two table-spoons corn starch for each pint juice; continue stirring until sufficiently cooked, pour into molds wet in cold water and set away to cool; eat with cream and sugar; other fruit can be used instead of raspberries.

Rice Blanc-Mange.—Five ounces rice flour and one quart milk; mix flour with a little cold milk and stir till smooth, then add and stir in six ounces fine sugar, a teaspoon grated yellow rind of a lemon, or two teaspoons pure vanilla extract, or a *drop or two* essence of almonds; then add the rest of the milk, stir all well together, place on the fire and boil and stir constantly until it thickens, then immediately pour into mold; let it remain till perfectly stiff and cold; eat with sugar and cream or any sauce preferred.

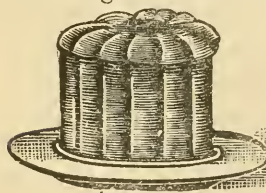
Sago Blanc-Mange.—Boil a half pint pearl sago in one quart milk, or half milk and half water, until perfectly soft; stir in two well-beaten eggs and pour into mold wet with cold water. Serve with the sweetened cream, or it may be eaten warm if preferred with "Fairy Butter."

Vanilla Blanc-Mange.—One ounce gelatine soaked in one quart milk one hour; set over fire, add yolks of three eggs beaten with one cup sugar, beat to boiling, flavor with vanilla and turn into mold. Eat with sweetened cream.

Apple Charlotte.—Soak one-third box gelatine an hour in third cup cold water, pour half cup boiling water over it, stir until thoroughly dissolved and pour upon a scant pint of tart apples steamed and rubbed through a puree sieve, add one cup sugar and juice of one large lemon; place in a basin of pounded ice and beat until it begins to thicken add well-frothed whites of three eggs, pour into two-quart mold that has been lined with sponge cake and set on ice to harden; make a custard of the yolks, one pint milk and three table-spoons sugar, and when the charlotte is turned out on a dish pour this around it.

Strawberry Charlotte.—Dissolve half an ounce gelatine in a pint warm water, strain and when nearly set, dip fresh strawberries into it and line bottom and sides of a plain round mold packed in ice; fill with cream made after any cream or russe recipe preferred. Raspberries, blackberries and cherries may be used for same purpose. Serve when cold with whipped cream poured around it, dipping mold in warm water before turning out. A most beautiful and delicious dish. For *Fruit Charlotte*, pare, quarter and core half dozen apples, peaches or any fresh fruit and stew in half gill water, with pinch of cinnamon till tender; add gill of sugar, or sweeten to taste and let cool. Butter a mold or any baking dish, line with fingers of stale bread, quarter of an inch thick and one inch broad, first dipped in melted butter. Fill half full with the fruit, cover with a layer of candied fruit, preserves or raisins, fill up with rest of stewed fruit and cover with a thin piece of bread, cut to fit and dipped in melted butter; bake fifteen or twenty minutes in moderate oven. For a *Nut Charlotte*, cut a round stale sponge cake in four or five layers about half an inch thick. Beat whites of four eggs to a froth, and into half of them add finely-grated cocoanut (as needed) and two tablespoons pulverized sugar; into the rest stir an almond paste made of three-quarters of a pint blanched almonds and a little rose water or white of an egg, and two tablespoons sugar. Spread bottom layer with almond cream, put on next layer and on it the cocoanut cream, etc., not putting on the top layer of cake. Cut a round piece about five or six inches in diameter in center of cake, cutting through *just to* bottom layer. Make a rich boiled custard of the four yolks of eggs, half pint milk and sweeten to taste; soak center piece in that and beat smooth, adding two gills double cream, whipped stiff, and tablespoon orange-water or any flavoring as wished. Fill hollow of cake with this, put on top layer, ice with French icing and put in cool place till ready to serve.

Buckeye Charlotte Russe.—Dissolve scant half box of gelatine (two ounces in a box) in gill hot water. Whip a pint of cream as directed and set froth on ice, to cream left if all can not be whipped, add one-third pint pulverized sugar and any flavoring wished. Strain gelatine into this, and add all to froth which has been on ice; stir till it begins to thicken, then fill molds already lined with sponge



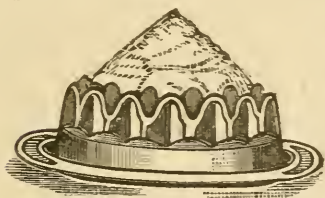
Charlotte-Russe.

cake. For a *New England Charlotte Russe*, make sponge cake and bake in a sheet, or better, buy a sheet at bakery, wet bottom of paper with cold water and take off carefully, or if cake has accidentally been baked too hard, let stand after dampening for fifteen minutes before taking off paper. Line an unbuttered mold by trimming off edges of cake and just cutting a piece to fit bottom, then sides, putting light colored side of cake next to mold and fill with the following

prepared whipped cream: One pint thick sweet cream, four heaping tablespoons sugar and teaspoon flavoring, third each of lemon, vanilla and almond, or all of one kind; place dish in a pan of ice and whip with egg beater or whip churn. After filling mold place in bed of ice till wanted, turn out on platter and serve.

Almond Bavarian Cream.—Whip one and one-half pints cream until only a half pint is left unwhipped, which put into a double boiler with a pint blanched sweet almonds pounded to paste, and add three eggs and a small cup sugar, first thoroughly beaten together; cook until it begins to thicken, then stir in one ounce gelatine soaked two hours in half cup milk; remove from fire, strain and add one-fourth teaspoon essence of almond; beat until it thickens and stir in the whipped cream, pour into molds, set away until cold, and serve with whipped cream. Use one pint pistachio nuts instead of almonds, omitting essence of almond, and you have *Pistachio Bavarian Cream*.

Chocolate Bavarian Cream.—Scrape one ounce Baker's chocolate, add two tablespoons sugar, put over a hot fire with one tablespoon hot water and stir until smooth and glossy. Have a half cup



Bavarian Cream.

milk boiling, stir the chocolate into it and add one ounce gelatine soaked two hours in a half cup milk. Strain into tin basin, add two tablespoons sugar, place in ice water and stir until it begins to thicken; add a pint cream whipped to a stiff froth, mixing well, and turn into mold to harden. Serve with whipped cream. The crown molds are best for Bavarian cream, as the opening in the center may be filled with the whipped cream served with it.

Orange Bavarian Cream.—Whip one and one-half pints cream, and skim off until less than a half pint remains unwhipped: put this in a double boiler, add beaten yolks six eggs, stir until it begins to thicken, and add one ounce gelatine that has been soaked two hours in a half cup cold water, also grated rind of two oranges. When gelatine is dissolved take off and set in pan of powdered ice; stir till it begins to cool and add juice five oranges strained over one large cup sugar. Beat until it thickens like custard, add whipped cream, stir until thoroughly mixed, and pour into molds. The oranges may be omitted, and flavored with vanilla the above makes a delicious *Vanilla Cream*. Serve when cold heaped around with whipped cream. Make *Lemon Cream* in same manner, using juice four lemons, or, leave out the cream, taking instead a scant pint cold water mixed with the well-beaten yolks five eggs, stirred in with the sugar and juice, adding the whipped whites last instead of the cream, and you will have *Orange* or *Lemon Sponge*, as you prefer.

Pine-apple Bavarian Cream.—Chop one pint canned pine-apple, and simmer over fire with small cup sugar twenty minutes and add one ounce gelatine previously soaked two hours in half cup cold water, strain through a sieve into bright tin basin, rubbing through as much of the pine-apple as possible. Beat until it begins to thicken, then stir in one pint cream, whipped, pour into mold and serve cold, with whipped cream around. Decorate with tuft of pine-apple leaves, or if wanted more elaborate use pine-apple decoration described in *Charlotte-russe*. *Coffee Bavarian Cream* is made the same, with one cup strong, boiling hot coffee instead of the cooked pine-apple; or, take whites four eggs and a cup cold water, leaving out whipped cream, mixing the water with the sugar and fruit before cooking, and adding the frothed whites of eggs instead of cream, and you will have a delicious *Pine-apple Sponge*.



Pine-apple Cream.

Strawberry Bavarian Cream.—Soak one ounce gelatine two hours in half cup cold water, mash one quart strawberries with large cup sugar and let stand one hour; whip one pint cream to froth, strain mashed berries through cloth into bright tin basin, pour half cup boiling water over the soaked gelatine, and when dissolved strain it into the strawberry juice. Set basin in pan of pounded ice and beat the mixture until it begins to thicken; when like soft custard stir in and mix thoroughly the whipped cream, turn into a two-quart mold, or two or more smaller ones, and set away to cool and harden. Serve cold with whipped cream. *Raspberry* and *Blackberry Bavarian Creams* are made in exactly same manner, as are also *Peach*, *Apricot*, and *Pear Creams*, first putting these fruits (which may be either canned, partially cooked, or fresh) through a puree sieve, and then cooking gently with the sugar twenty minutes, stirring often; leave out the hot water and stir the soaked gelatine into the hot fruit, which must cool before beating and adding whipped cream. Pieces of fresh fruit may be served around it.



Peach Cream.

Or, for *Sponges* with any of the above fruits use a cup water and whites of four eggs instead of pint cream, boiling half the sugar and water together twenty minutes, then adding the gelatine, then the berries or fruit prepared as above, and stirring in the whipped whites of eggs when the mixture is partially cold and begins to thicken. Mold and serve same as creams.

Italian Cream.—Soak one-third box gelatine half an hour in cold milk, put a quart milk in custard kettle and when boiling stir in well-beaten yolks of eight eggs, add one and a half cups sugar and the gelatine; when the custard begins to thicken take it off and pour into a deep dish in which the eight whites have been beaten to a stiff froth; beat thoroughly together and flavor to taste; put in

molds, and allow four hours to cool. This cream is much more easily made in winter than in summer.

Chocolate Cream.—Scald one quart milk and stir into it half package gelatine, previously dissolved in one cup milk, and add cup powdered sugar. Heat up once and when gelatine is quite dissolved strain. Wet four tablespoons chocolate with cold water and add to the mixture, which must again be heated smoking hot, then add gradually beaten yolks two eggs, and boil for five minutes, not longer, as the eggs may curdle. Turn into a large shallow dish or pan to cool, and when it begins to coagulate whip in gradually and thoroughly beaten whites two eggs. Lastly add pint cream, whipped, pour into wet mold, let stand until perfectly cold and serve with sweetened cream. By taking half the chocolate and coloring only half the cream, using a buttered pasteboard to separate the two in the mold, the effect is quite pleasing.



Chocolate Cream.

Raspberry Cream.—One quart good cream, one pint fresh raspberries; mash and rub fruit through a fine sieve or strainer to extract the seeds, bring the cream to a boil (having reserved one pint for froth), and add it to the berries while it remains hot, sweeten with powdered sugar to taste, let it become cold. Now raise cream, which has been reserved, to a froth with a beater, take off the froth and lay it on a sieve to drain; fill dish, or glasses as in almond custard, with the cream and place froth on top. Very nice. Any kind of berries, jam or jelly is good, and *can* be used without straining.

Rock Cream.—Boil one cup rice in a custard-kettle in sweet milk until soft, add two tablespoons loaf sugar, a salt-spoon salt; pour into a dish and place on it lumps of jelly; beat whites of five eggs and three tablespoons pulverized sugar to stiff froth, flavor to taste, add one tablespoon rich cream, and drop the mixture on the rice, giving it the form of a rough snowy rock; or, flavor the rice with essence almonds, or any other preferred, put into cups and let stand till cold; then turn out in a deep glass dish and pour round them a soft custard made after any good recipe, placing on top of each ball a bit of bright colored jelly. Flavoring must be same in rice and custard.

Ruby Cream.—Soak half pint tapioca over night in half pint water; simmer over slow fire in a pint cold water until clear, the soaked tapioca and a lemon rind cut in pieces; skim out lemon paring and stir in four ounces sugar, half pint currant jelly, juice one lemon, two teaspoons scokeberry syrup; let simmer a few minutes and pour into one large or two small glass dishes, and when perfectly cold (just before serving) cover it with either of these snows: Whipped whites four eggs with three ounces powdered

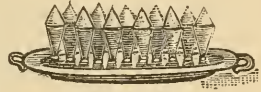
sugar added gradually, flavored with a little lemon, or one pint cream whipped with two and one-half ounces sugar. Very ornamental, and called also "*Ruby under the snow.*"

Tapioca Cream.—Soak over night two tablespoons tapioca in one-half cup milk (or enough to cover); bring one quart milk to boiling point; beat well together yolks of three eggs, half cup sugar and one teaspoon lemon or vanilla for flavoring; add the tapioca, and stir the whole into the boiling milk, let boil once, turn into the dish, and immediately spread on the whites. Serve when cold.

Tea Cream.—Dissolve one-half package gelatine in one cup milk, add one cup white sugar, and pour over it one large cup strong tea, boiling hot, strain through fine muslin and let cool; whip pint of rich cream and also two eggs; when the gelatine is perfectly cold beat in the whites until it is a firm froth, then whip in the cream; set away in a wet mold for eight or ten hours, and serve cold with sweetened cream. *Coffee Cream* is made in same manner, substituting cup strong black coffee for the tea. Both made at a time, molded in cups or individual molds, and turned out in alternate rows upon a plate, they make a handsome dish, and give guests a choice. The stronger and blacker the coffee the greater the contrast.

Turret Cream.—One pint sweet, rich cream, one quart milk, one package Cox's gelatine, one heaping cup white sugar, three eggs beaten light, whites and yolks separately, one-half pound crystalized fruit—cherries and peaches, or apricots—vanilla flavoring, juice one lemon. Soak gelatine four hours in one cup milk, scald remainder of milk and add the sugar, and when this is dissolved the soaked gelatine; stir over the fire until almost boiling, and divide into two parts; return one part to the fire, and when near boiling stir in the beaten yolks, cook two minutes, and turn into a bowl to cool. When it cools whip the cream very stiff and beat whites of eggs until they stand alone; divide the latter into two heaps. As the yellow gelatine begins to "form" whip one-half the whites into it, a little at a time; to the white gelatine add rest of whites in same manner alternately with whipped cream; season yellow with vanilla and white with lemon juice beaten in last. Wet a tall fluted mold with water and place around bottom on inside a row crystalized cherries, then a layer white mixture, then a layer apricots or peaches, sliced, layer yellow mixture, another border of cherries, and so on until all materials are used. When firm, which will be in a few hours (in summer set on ice), wrap a cloth wrung out of hot water on the mold, and invert upon a flat dish; serve with sweet cream. A very beautiful, ornamental and delicious dessert, and sure to be a success if above directions are followed. Bitter almond may be used instead of lemon if preferred. Made in the fluted mold with stem, filling in whipped cream in center, makes a still more elaborate dish.

Almond Custard.—Cook in custard kettle quart milk (half cream is better), beaten yolks of six eggs, whites of four, and a half pound almonds blanched and pounded to paste with four tablespoons rose water till thick. Remove from fire and when nearly cold stir up thoroughly and pour into cups or glasses; make a meringue and heap on each cup.



Custard in Glasses.

Boiled Custard.—Quart milk, two tablespoons corn-starch, two eggs, one-fourth teaspoon salt, butter size of hickory-nut; wet starch in a little milk, heat remainder to near boiling in a custard kettle. The proper heat will be indicated by a froth or film rising to top; add starch till it thickens, stirring constantly, then add eggs well-beaten with four tablespoons sugar, let cook, stirring briskly, take off and beat well. Flavor to taste, and served with grated cocoanut it is elegant.

Boiled Caramel Custard.—Quart milk, half cup sugar, six eggs, half teaspoon salt. Put milk on to boil, reserving a cupfull, beat eggs and add cold milk to them. Stir sugar in a small frying-pan until it becomes liquid and just begins to smoke. Stir it into boiling milk, then add the beaten eggs and cold milk, and stir constantly until mixture begins to thicken. Set away to cool.

Coffee Custard.—Boil together a pint each fresh strong coffee and cream and turn the mixture over eight eggs beaten up with one and one-half cups sugar, stirring rapidly, then set into boiling hot water and cook, stirring constantly until it thickens; pour into custard cups and serve cold with whipped cream or frothed whites of eggs on top.

Corn Meal Custard.—To well-beaten yolks of three eggs add quart milk and tablespoon each butter and sugar; then add gradually scant three-quarters cup fine corn meal, well-whipped whites and flavor with nutmeg; pour in cups, boil or steam fifteen minutes and brown delicately in oven; or reserve whites of two eggs and cover with meringue. Serve hot or cold.

Cup Custards.—One scant quart milk, four well-beaten eggs, one cup sugar, flavor to taste; stir thoroughly together until sugar is dissolved; pour into cups and set in pan boiling hot water in oven to bake. They will be done in about thirty minutes. Serve cold in cups.

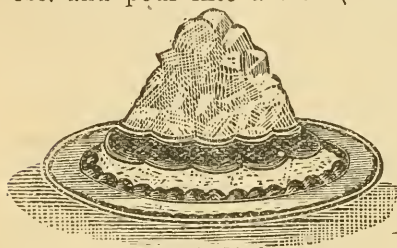


Custard in Cups.

Fruit Custards.—Stew any kind of fruit almost to a jelly, strain off juice, cool, and sweeten to taste. To one quart sweetened juice add eight well-beaten eggs stirred into three pints new milk. Boil in custard kettle, or bake thirty minutes. Serve in cups or a deep dish as preferred either hot or cold. Whipped whites of eggs over the top improves its appearance.

Cocoa-nut Island.—Line with cake bottom and sides of dish in which dessert is to be served; dissolve in custard kettle one pint sugar in half pint water, add one tablespoon corn-starch previously mixed smooth with a little water and well-beaten yolks of four eggs; cook till it thickens, add juice of two lemons, heaping tablespoon butter and cook a few minutes then pour into dish; grate one cocoa-nut, sweeten a little and put over the custard; place a meringue of the well-beaten whites, half cup sugar and a few drops lemon juice in flakes over the top, brown delicately in oven and serve either hot or cold. A nice way is to make in soufflé dish, or baking dish that will fit and serve in silver receptacle, or use a fancy dish and brown top with salamander iron as directed in soufflés.

Floating Island.—Make custard of yolks of six eggs, one quart milk, small pinch salt, sugar to taste; beat and strain yolks before adding to milk; place custard in a large tin pan and set in stove, stirring *constantly* until it boils, then remove, flavor with lemon or rose, and pour into a dish (a shallow, wide one is best), spread



Jam Floating Island.

smoothly over the boiling hot custard the well-beaten whites, grating some loaf sugar (some add grated cocoa-nut) on top; set the dish in a pan of ice-water and serve cold; or turn into glasses and serve with whipped cream or frothed whites of egg on top, finishing with lump of jelly in center. Some prepare the whites by placing a tablespoon at a time on boiling water or milk, lifting them out carefully, when cooked, with a skimmer and laying them gently on the float. Do not crowd them while cooking. This is the "old reliable recipe." Another way of serving is to pour the above custard over slices of small round sponge cakes, spread with fruit jelly and placed in ice cream saucers, piling a spoonful whipped cream on top of each; or cut sponge cake in slices and lay them on a round dish on the top of the custard. On this put a layer of apricots or currant jam, and some more slices of cake. Pile upon this very high a whip made of damson or other jam and the whites of four eggs. It should be rough to imitate a rock. Garnish with fruits or sweetmeats. Still another beautiful and delicious island is made by whipping whites four eggs very stiff and beating with one tumbler jelly, adding one pint powdered sugar gradually, then beating the whole until perfectly stiff. Chill on ice and serve by half filling a glass dish with milk and cover it with the island in spoonfuls standing in peaks. To be eaten with sweetened cream.

Moonshine.—This dessert combines a pretty appearance with palatable flavor, and is a convenient substitute for ice cream. Beat

whites of six eggs to very stiff froth, add gradually six tablespoons powdered sugar (to make it thicker use more sugar up to a pint), beating not less than thirty minutes, then beat in about one heaping tablespoon preserved peaches cut in tiny bits (or some use one cup jelly), and set on ice until thoroughly chilled. In serving, pour in each saucer some rich cream sweetened and flavored with vanilla, and on the cream place a liberal portion of the moonshine. This quantity is enough for seven or eight persons.

Hidden Mountain.—Six eggs, a few slices citron, sugar to taste, three-quarters pint cream, a layer of any kind of jam; beat whites and yolks of eggs separately, then mix and beat again, adding citron, cream and sugar; when well-beaten put in a buttered pan and fry; cover with the jam and garnish with slices of citron; to be eaten cold.

Orange Float.—One quart water, the juice and pulp two lemons, one coffee-cup sugar; when boiling add four tablespoons corn-starch, let boil fifteen minutes, stirring all the time; when cold pour it over four or five peeled and sliced oranges, and over the top spread the beaten white of three eggs; sweeten and add a few drops vanilla.

Trifle.—In the bottom of a deep glass bowl place bits of sponge cake, it matters not how stale, cut into squares or strips; a small piece of preserved citron cut into slices; soak these in cream nicely flavored, then fill the bowl to within half an inch of the top with boiled custard, rich and cold; lastly, heap the bowl up high with whipped cream or whites of eggs, and place on it nuts, fruits or jelly, cut in thin slices, so that they will not sink into the cream.



Trifle.

Ambushed Trifle.—Take a round stale sponge cake, cut the top from it in one piece and lay it aside. With sharp knife carefully remove inside of cake leaving sides and bottom about an inch thick and coat well with sweet jelly or jam; crab-apple jelly is very nice. Scald a pint milk, beat three eggs with two tablespoons powdered sugar, and stir into milk when almost boiling; crumb the cake taken out and beat into the hot custard; return to the hot fire and cook, stirring constantly, until thick and smooth, then add one teaspoon corn-starch wet with a little milk, cook a minute longer and take from fire; when nearly cold flavor with vanilla, lemon, or bitter almond, and fill the cake with it. Cover inside of the lid of cake laid aside with jelly, and fit neatly into its place. Brush the whole cake with white of an egg, sift powdered sugar thickly over it, or frost with plain or boiled frosting, and set in a cool, dry place until wanted. A simple, delightful dessert.

Lemon Trifle.—Strain juice two lemons over one large cup sugar and grated rind of one lemon and let stand two hours; then

add one cup juice of any fruit preferred, and a little nutmeg. Strain and whip into it gradually a pint sweet cream that has been whipped stiff. Serve in jelly glasses and send around with cake. Should be eaten soon after it is made.

Souffles.

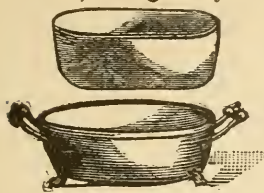
The extreme lightness and delicacy of a well-made souffle render it a general favorite. It may be varied greatly in its composition and is commonly served under the name of the flavoring used. Vanilla is one of the most delicate flavorings for this elegant dish. The secret of making a souffle well is to have the eggs well whipped, particularly the whites, using for them a perfectly dry dish and beater as the slightest moisture will prevent their coming to a froth, and unless the froth of egg be very stiff the omelette souffle will be made heavy by it and so spoiled. Put all ingredients together quickly but gently, stirring, not beating, and if to be baked place in oven *as soon as whites are added* in a buttered souffle dish or pan, filling only half full, as it will rise very light. Do not have the oven too hot nor open oven door for the first quarter of an hour, at least. When the souffle has risen very high, is of a fine yellow color, and quite done in the center, as it will be in from a half to three-quarters of an hour, send immediately to table, for if allowed to stand it will sink in the center and its appearance and goodness be entirely spoiled. To keep hot, and so preserve its lightness, the souffle is often carried to table on a hot shovel, or with a hot salamander iron held over it, and placed in the ornamental dish already on the table, and served in a dinner of ceremony as



Salamander.

an entremet, a remove of the second course roast, or for luncheon; quickly hand it round instead of placing on the table. The salamander, or braising iron, is a very convenient utensil for browning the tops of boiled souffles, puddings and the meringues spread over creams, blanc-manges, or puddings to be served cold, or in glass

dishes, doing away with the necessity of placing them in the oven.



Ornamental Souffle Dish.

The souffle pan may be of either earthen ware or tin, and should be about three inches deep, fitting into an ornamental dish for serving, which is usually of silver. This article will be found very convenient, as it may be used for custards, puddings, scalloped oysters, potato cream, or any dish served in the pan

in which it is baked. Souffles may, however, be baked in any deep tin or earthen baking pan, which may be sent to table on a plate or platter, surrounded by a neatly folded napkin.

Apple Souffle.—One pint steamed apples, pulped; one tablespoon melted butter, half cup sugar, whites of six eggs and yolks of three, a slight grating of nutmeg, and a little lemon peel. Stir into the hot apple the butter, sugar and nutmeg, and the yolks of the eggs, well-beaten. When this is cold, beat the whites of the eggs to a stiff froth, and stir into the mixture. Butter a three-pint dish, and turn the souffle into it. Bake thirty minutes in a moderate oven. Serve immediately with any kind of sauce.

Cheese Souffle.—Melt a tablespoon butter, stir into it two tablespoons flour, add one gill milk and stir until boiling; throw in one-half teaspoon each salt and white pepper and a grain Cayenne; take from fire and stir in one by one yolks of three eggs and three ounces grated cheese, beating the whole thoroughly, then add well-frothed whites four eggs, stirring so carefully as not to beat down the froth; bake in cups in quick oven ten minutes. Serve in the cups on hot plate the moment the souffle is done, placing them in a napkin folded in basket shape upon the table.

Chestnut Souffle.—Throw one pint fresh chestnuts into boiling water and boil until shells begin to crack open. Take from the water, remove shells and inner skins, pound in a mortar and make perfectly smooth by passing them through a sieve. Pour one pint milk over the chestnut-flour and stirring these together put the mixture into a small saucepan and let it cook over a slow fire ten minutes, melt a tablespoon butter and stir into it two tablespoons flour; turn this into the milk and chestnuts, and the instant the mixture boils take from fire and add two tablespoons powdered sugar, yolks three eggs, and beat all well together; stir in lightly the stiffly frothed whites of four eggs, pour into well-greased souffle pan and bake in moderate oven twenty minutes. Serve as soon as taken from the oven.

Chicken Souffle.—Take the breast of one raw chicken, chop fine, and pound in a mortar, melt a half tablespoon butter and stir into it one tablespoon each flour and sweet cream; when boiling take from fire

and pour over the mixture in the mortar adding one egg; pound well together, season with pepper and salt and pass through a sieve; whip a gill of cream (less the tablespoon used) to a froth and add to the mixture; have ready two truffles, cut into stars, and place one star in the bottom of each buttered cup-tin, fill half full of the soufflé mixture, cover with greased paper, put into a pan boiling water and let them simmer slowly fifteen minutes; when done turn out on hot platter, leaving truffles uppermost, and serve at once.

Chocolate Soufflé.—Break four eggs, whites and yolks separately; add to the yolks three teaspoons sugar, one teaspoon flour; three ounces chocolate, grated, and stir rapidly five minutes; whip whites of eggs till firm and add them to the other ingredients. Butter the soufflé pan, put in the mixture and bake in moderate oven fifteen or twenty minutes; strew sugar over and serve immediately, carrying to table with hot salamander over the top. Another excellent chocolate soufflé is made by melting one large tablespoon butter, stirring into it over the fire two tablespoons flour, adding a gill of milk, and when boiling remove from the stove, add nine tablespoons grated chocolate and a heaping tablespoon sugar. and drop in one by one the yolks of four eggs, stirring briskly all the time; whip whites of four eggs and stir in last very lightly; pour the mixture into the soufflé pan, set in a pan of hot water reaching half way up its sides, cover and simmer on back of range thirty minutes without uncovering; when done, brown with salamander, set pan into soufflé dish or envelop in a napkin; serve at once. Or to the well-beaten yolks of six eggs add half pint butter, cup flour, pint milk and half cup grated chocolate; bake in soufflé dish in hot oven; serve at once.

Chocolate Soufflé. (Cold).—Two cups milk, one and a half squares Baker's chocolate, three-fourths cup powdered sugar, two tablespoons corn-starch, three eggs, one-fourth teaspoon salt, half teaspoon vanilla extract. Boil the milk in double boiler, leaving out third of a cup to mix with the corn starch. After mixing, stir into the boiling milk and cook eight minutes. Dissolve the chocolate with half a cup of the sugar and two tablespoons boiling water; add to the other mixture; beat the yolks and add them and the salt. Cook two minutes. Set in cold water and beat until cool, then add flavor and pour into a dish; beat whites of the eggs to a stiff froth, add the remaining sugar and heap on the custard. Dredge with sugar and brown with a salamander or hot shovel.

Cream Soufflé.—Four eggs, two tablespoons sugar, a speck of salt, half teaspoon vanilla extract, one cup cream, whipped. Beat whites of eggs to stiff froth, and gradually add sugar and flavoring to them. When well-beaten add yolks, and lastly the whipped cream. Have a dish holding about one quart slightly buttered. Pour the mixture into this and bake *just twelve minutes*. Serve the moment it is taken from the oven.

Jelly Souffle.—Boil one quart milk and add three tablespoons corn-starch wet with a little cold milk; stir one minute and pour into a bowl over beaten yolks of six eggs, whites of two, and one-half cup powdered sugar; whip two or three minutes, put into buttered dish, set in pan of boiling water in oven and bake half an hour, or until firm. Just before taking out cover quickly with jelly or jam and over this put a meringue of the four whites of eggs and a half cup powdered sugar. Close oven doors for a moment till meringue is slightly colored. When cold serve with cream.

Lemon Souffle.—Melt two tablespoons butter and stir into it four tablespoons flour; add one ounce arrowroot, four tablespoons sugar and one pint milk (having previously taken one gill of the milk in which to steep the thin yellow rind of a lemon for flavoring), stir until it boils and when boiling strain into it the milk from the lemon rinds. Set aside and when slightly cool drop in one by one the yolks of four eggs, stir well together and add the frothed whites of five eggs, stirring them in very lightly. Turn quickly into souffle pan, cover and set in boiling water; draw to back of range and let simmer three-quarters of an hour, keeping closely covered. Serve when done as quickly as possible.

Macaroon Souffle.—Soak one-third box gelatine in half cup water two hours, then set over hot water and stir until dissolved, strain and stir it into one pint juice of any kind of fruit preferred. Add a half cup sugar, or sweeten to taste, place the pan on ice and as soon as the mixture begins to thicken whip until it hardens like jelly; set away on ice. Brown ten macaroons in oven, cool them and roll fine. Just before ready to serve make any soft custard liked, omitting the flavoring, turn it into a souffle dish, heap the fruit jelly on this and cover with the macaroon crumbs.

Omelette Souffle.—Cream yolks of three eggs and three tablespoons sugar in a deep bowl and flavor as wished; add well-frothed whites of six eggs, and with a spoon, giving it a rotary motion, cut the two, mixing carefully together; turn on the souffle dish (or any baking dish) slightly buttered, smooth, sprinkle with sugar and bake in moderate oven; when risen well and of fine yellow color, serve; or, for *Fruit Omelette Souffle* add to the well frothed whites of three eggs a tablespoon marmalade or fresh peaches cut in fine pieces, mix with powdered sugar and bake in a rather quick oven; or place a layer of marmalade on bottom of dish and pour the omelette souffle over and bake.

Omelette Souffle.—Put one pint milk over the fire, reserving sufficient to wet up three heaping tablespoons potato flour, rice flour, arrowroot, or tapioca, as preferred, stir this into the milk, add piece of butter size of walnut, and sweeten to taste. Stir over the fire until it thickens, then take off and cool a little. Separate the whites

from the yolks of four eggs, beat the yolks, and stir them into the souffle batter. Whisk the whites of eggs to the firmest possible froth, for on this depends the excellence of the dish; stir them to the other ingredients, and add a few drops of essence of any flavoring preferred; pour the batter into a souffle dish, put it immediately into the oven, and bake about half an hour; then take out and put the dish into the more ornamental one, hold a salamander or hot shovel over the souffle, strew it with sifted sugar, and send it instantly to table. Another delicious souffle is made by beating yolks of four eggs, two tablespoons sugar, a speck of salt and tablespoon flavoring together, and adding quickly the well-frothed whites. Have a large omelette pan very hot. Put in one tablespoon butter and pour in half the mixture. Shake rapidly for a minute; then fold and turn on a hot dish.



Omelette Pan.

Put the remainder of the butter and mixture in the pan and proceed as before. Turn this omelette on the dish by the side of the other. Dredge lightly with sugar, and place in oven for eight minutes. Serve the moment it comes from oven.

Orange Souffle.—Peel and slice six oranges, put in a glass dish a layer of oranges; then one of sugar, and so on until all the orange is used, and let stand two hours; make a soft boiled custard of yolks of three eggs, pint milk, sugar to taste, with grating of orange peel for flavor, and pour over the oranges when cool enough not to break dish; beat whites of eggs to stiff froth, stir in sugar and put over the top; may be browned with salamander iron or hot shovel. Praised by all.

Potato Souffle.—Clean well with a brush and bake four large potatoes, cut off the tops, scoop out the inside, taking care not to break the skins; rub the potato through a sieve and add to it a half gill of boiling milk into which a tablespoon of butter and half teaspoon each salt and white pepper have been stirred; continue stirring until potato becomes hot, take from the fire and drop in the yolks of three eggs, stirring each one thoroughly with the potato mixture before dropping in another; lastly, stir in lightly the frothed whites of five eggs, being careful not to break the froth; fill the potato skins two-thirds full of this mixture, stand upright in a pan, and bake in a quick oven from seven to ten minutes. The souffle will be done when the finger can be pressed upon it and withdrawn without any adhering. Serve on hot platter.



Potato Souffle.

DRINKS.

Beside the wines and liquors still served at so many tables, though rigorously and wisely excluded from many others, and the universal and well-nigh indispensable coffee and tea, there are innumerable pleasant, refreshing drinks that are easily concocted and within the reach of all. The basis of most of these is the juice of fruits, which, combined with sugar and flavoring in liked proportions, forms an infinite variety of healthful as well as pleasing beverages.

A knowledge of the proper preparation of the two every-day beverages, coffee and tea, should be among the acquirements of every housekeeper. To avoid adulteration, buy coffee in the grain, either raw or in small quantities freshly roasted. In selecting raw coffee choose that which is dry and light; if it feels dense and heavy it is green; buy that at least eight or ten months old, and the claim is made that the longer the raw berry is kept the ripper and better flavored it becomes. The best kinds are the Mocha and Java, and some prefer to mix the two, having roasted them separately in the proportion of one-third of the former to two-thirds of the latter. Mocha alone is too rough and acrid, but thus blended it is delicious. Pure Java, if of a high order, does not need other brands of coffee to make it palatable; but, as a rule, above mixing, or one-third each of pure Mocha, Java, and Maracaibo, makes a rich cup of coffee, while a mixture of two-thirds Mandehling Java and one-third "male berry" (so called) Java produces excellent results; or one pound Java to about four ounces Mocha and four ounces of one or two

other kinds ; and it is said that from three parts Rio, with two parts Old Government Java, a coffee can be made quite as good, if not superior, to that made of Java alone. West India coffee, though of a different flavor, is often very good. Mexico coffee is quite acceptable, but the producers must clean it properly if they expect to receive patronage. Java, or East India coffee, may be known by its large yellow beans ; Mocha comes from Arabia and has small gray beans inclining to greenish. The Rio berries are of the same color with the greenish tinge, but are of larger size, midway between Mocha and Java. In buying roasted coffee ascertain that it has been kept in closely covered air-tight tin box, as if in pine it will be flavored with pine, and purchase of a dealer who roasts frequently, or buys roasted coffee in small lots. Coffee roasted by machinery is of course more evenly browned, but by roasting it at home one is sure of having it perfectly fresh and pure. When buying roasted coffee compare it with the raw beans of the kind desired. If pure and properly roasted the coffee will be of a rich brown color and have increased fifty per cent in bulk, or each bean will be a half size larger than when raw. Coffee loses twenty-five per cent its weight in roasting a pound of raw coffee making only three-quarters of a pound roasted.

Roast coffee with the greatest care—for here lies the secret of success in coffee-making—and in small quantities, for there is a peculiar freshness of flavor when newly roasted. To make the most perfect and delicious coffee, the desired quantity should be roasted just before it is made. But this involves more time and trouble than can be given by most housewives for every-day use. Pick over carefully, wash if berries are not clean, and weigh (the best will not need washing), and dry in a moderate oven, increase the heat and roast quickly, either in the oven or on top of the stove or range ; in the latter case stir *constantly* and in the oven stir *often* with a wooden spoon or ladle kept for this purpose. The coffee must be thoroughly and evenly roasted to a dark rich brown (not black) throughout, and must be free from any burnt grains, a few of which will ruin the flavor of a large quantity. It must be tender and brittle, to test which take a grain, place it on the table, press with the thumb and if it can be crushed, it is done. Blow off any loose particles separated by the heat and stir in a lump of butter while the coffee is hot, or wait until about half cold and then stir in a well-

beaten egg. The latter plan is very economical, as coffee so prepared needs no further clarifying. A French method of roasting coffee is to add to every three pounds coffee a piece of butter the size of a nut and a dessert-spoonful powdered sugar, and then roast in the usual manner. The addition of the butter and sugar develops the flavor and aroma of the berry, but the butter must be of the very best. Another French method is to roast, grind to a flour, moisten slightly, mix it with twice its weight in sugar and then press into tablets, using a tablet when needed. Keep coffee in a closely covered tin or earthen vessel. Never attempt other work while roasting coffee but give it the entire attention. Grind quantities as needed, for the flavor is dissipated if it is long unused after grinding, even when under cover. The grinding is a very important part of the preparation of coffee, and the old method, still very generally practiced, was to grind into coarse particles, but it is now claimed that if ground too coarse much of the strength and aroma of the coffee is lost; by grinding as fine as possible these qualities are much more perfectly preserved, and the only objection urged is that it is difficult to make the beverage clear. This may be obviated by filtering, or using the sack described in Filtered Coffee, as the little wire cups opening in center for holding coffee are not fine enough, though some inventive genius will doubtless soon bring forward a strainer of the requisite fineness for this purpose. Many grind coffee moderately fine or to particles the size of pin heads, obtaining therefrom a satisfactory beverage, and claim that this grinding frees the oil, as it should be, and any finer develops properties very injurious. A step further is to reduce the coffee to a fine powder—as fine as flour. If appliances for doing this are not at hand then the dealer must be depended upon, but prepare at home if *possible*, and thus secure perfectly fresh and unadulterated coffee. When necessary to purchase of a dealer be sure that the coffee is roasted and ground frequently, if not daily, and buy only in small quantities sufficient for a week's consumption is a good rule, though for large families it has been bought in five-pound cans, and by keeping closely covered was thought to have lost but little of its strength and flavor. In any case, keep in *air-tight* can.

MAKING COFFEE.

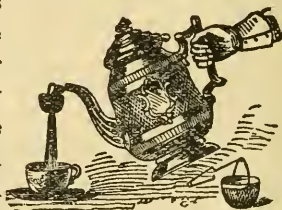
To make coffee from the powder it will be necessary to use a patent pot or put the powder in the sack described below. The pow-

der is claimed to be much more economical than the ordinary ground coffee, requiring only about one-third as much, or one teaspoon to each person (with half pint water), and is also much more quickly made, the boiling water filtering through and the coffee being ready to serve within a minute or two after it is put in the sack. The old-fashioned way of making coffee by boiling is still practiced by probably a majority of housekeepers. "One for the pot" and a heaping tablespoon ordinary ground coffee for each person, is the usual allowance. Mix well, either with a part or the whole of an egg when only a part is used putting in the shell also, and when eggs are scarce some are careful to wash shells before breaking, and keep for this purpose, crushing three or four into the pot instead of the egg; or codfish skin washed, dried, and cut in inch pieces, may be used and enough cold water to thoroughly moisten it, place in a heated, well-scalded coffee-boiler, pour in half the quantity of boiling water needed, allowing one pint less of water than there are tablespoons of coffee. Roll a cotton flannel cloth tightly—one must be kept for this purpose and washed and dried after using—and stop up the nose or spout, thus keeping in all the coffee flavor. Boil rather fast five minutes, stirring down from the top and sides as it boils up, and place on back part of stove or range where it will only simmer for ten or fifteen minutes longer. When ready to serve add the remainder of the boiling water. Some think the flavor is better preserved to put a small quantity of cold water with the coffee, bring it to boiling point and add sufficient boiling water. Or, another method of making coffee without clearing is to stir the coffee directly into the boiling water, boil and simmer as above, then pour out a large cupful, and, holding it high over the pot, pour it in again; repeat this, and set it on stove where it will keep hot, without simmering. The coffee will be clear if instructions are carefully followed. Another method is to pour boiling water over the coffee, cover closely, boil one minute, remove to the side of the stove a few minutes to settle, and serve. Allow two heaping tablespoons coffee to a pint water. The less time the coffee is cooked the more coffee of ordinary grinding is required, but the finer the flavor. The late Professor Blot protested against boiling the coffee at all, as in his opinion the aroma was evaporated, and only the bitter flavor left. The advantages of boiled coffee are that when the egg is used the yolk gives a very rich flavor, and when the milk or cream is added the

coffee has a rich, yellow look, which is pleasing. It has also a peculiar flavor, which many people prefer to the flavor gained by any other process. The disadvantages are that the egg coats the dry coffee, and when the hot water is added the coating becomes hard, and a great deal of the best of the coffee remains in the grounds after boiling, compelling one to use nearly double the amount of coffee. Also, in boiling, much of the fine flavor is lost in the steam that escapes from the pot, and the tannic acid of the coffee is extracted, which in combination with the milk or cream taken with it hardens the albumen they contain into an indigestible compound that is excessively irritating to the delicate internal membranes.

For these reasons the practice of making coffee without boiling is gradually becoming more general. And for this a fair proportion for good coffee is three tablespoons of the pure ground berry to each quart water, which makes sufficient for three persons. The water must be boiling when poured on the coffee but must not boil afterward. The vessel in which it is made must stand near enough the fire to be kept as hot as possible without boiling for five or ten minutes before using. If made in a pot containing a strainer the coffee will be clear, and if made in an ordinary pot or pitcher it should be stirred for three minutes after pouring boiling water over it, to thoroughly saturate the grounds and so cause them to sink to the bottom of the pot. If coffee is allowed to stand for about ten minutes to settle, and is poured off carefully, it will be perfectly clear. The water used in making coffee should be fresh and have boiled two or three minutes before pouring over the coffee; never take that which has stood long in the tea-kettle. Always have the coffee-pot hot before putting in the coffee. Many think that heating the dry coffee just before making improves its flavor. When serving coffee have the cups hot. They are very easily heated when coffee is poured at table by filling first with hot water from the water-pot, that should always be provided, and turning it into the slop-bowl. If served from butler's pantry, set cups over the heater, or fill first with hot water, as at table. Serve both coffee and tea with the richest cream, but where this cannot be had, a substitute is prepared as follows: Take fresh, new milk, set in a pan or pail in boiling water where it will slowly simmer, but not boil or reach the boiling point, stir frequently to keep the cream from separating and rising to the top, and allow to simmer until it is rich, thick and creamy. In absence of both

cream and milk the whites of fresh eggs beaten to a froth, with a small bit of butter well mixed in, may be used, taking one egg for every two cups, and placing the froth in the cup first; in pouring the coffee or tea it must be turned on gradually and constantly stirred so as not to curdle the egg; or omit the butter and use the whole egg; or for a richer dressing with cream, beat the white of an egg to a stiff froth, mix with an equal quantity of whipped cream, put in plain cream first, then coffee and lastly this mixture. Physicians say that coffee without cream is more wholesome, particularly for persons of weak digestion. There seems to be some element in the coffee which, combining with the milk, forms a leathery coating on the stomach and impairs digestion. The convenient coffee or tea strainer, of which an illustration is given, is applied or detached in a moment, being held in place by a spring, as shown in cut, inserted in the spout. The strainer separates the dregs from the tea or coffee as it is poured. It is made to fit any coffee or tea-pot. The solid rim is of pure britannia and is easily kept clean and bright. A similar strainer is made to attach to the faucets of urns. In serving from the butler's pantry the liquid may be poured into cups through a small handled strainer answering the same purpose. To keep the coffee-pot or tea-pot thoroughly pure, boil a little borax or soda in them, in water enough to touch the whole inside surface, once or twice a week, for about fifteen minutes. No dish-water should ever touch the inside of either. It is sufficient to rinse them in two or three waters; this should be done as soon after they are used as possible. Drain dry, and when ready to use, scald out in two waters. These precautions will aid in preserving the flavor of the tea and coffee.

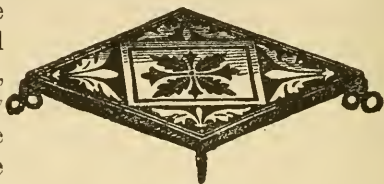


MAKING TEA.

Tea is one of those luxuries which custom clothes in the garments of necessity. There is, however, in connection with tea one point which should not be forgotten. To maintain ordinary health the body requires immediate nourishment early in the morning, and for that reason tea, which retards the action of the natural functions should be banished from the breakfast table, and should appear at lunch and after dinner. Certain rules should be followed by habitual tea-drinkers, if they wish to use their favorite beverage without

njurious effects: After a full meal, when the system is oppressed; for the corpulent and the old; for hot climates, and especially for those who, living there, eat freely, or drink milk or alcohol; in cases of suspended animation; for soldiers and others marching in hot climates; for then, by promoting evaporation and cooling the body, it prevents in a degree the effects of too much food, as of too great heat. It is a mistake to make tea strong, if the full flavor is desired. Professional tea-tasters use but a single pinch to a cup of boiling water. In China and Russia, where tea is made to perfection, it is very weak, boiling water being poured on a few leaves, the decoction covered for a few minutes, and then drank hot and clear. Two minutes is long enough for tea to stand, and it should never be boiled, or the fine aroma which exists in the volatile oil will be thrown off by evaporation, leaving as flavoring only the principle of the tannic acid extracted by boiling. If tea be ground like coffee, or crushed immediately before hot water is poured upon it, it will yield nearly double the amount of its exhilarating qualities. Freshly boiled soft water is the best for either tea or coffee, and the tea should be added as soon as it boils, as boiling expels all the gases from the water; but if soft water can not be had, boil hard water from twenty to thirty minutes before using; the boiling drives off the gases in this case, but it also causes the lime and mineral matters, which render the water hard, to settle, thus softening it; and to avoid the limy taste often in water boiled in a tea-kettle, put a clean oyster shell in the kettle, which will always keep it in good order by attracting all particles that may be impregnated in the water. If hard water must be used in making tea, a little carbonate of soda put into the tea-pot will both increase the strength of the tea and make it more nutritious, the alkali dissolving the gluten to some extent. The best tea-pot is that which retains heat longest, and this is a *bright* metal one, as it radiates the least heat, but the metal must be kept bright and polished; some still prefer the old-fashioned earthen pot. The most elegant mode of serving tea is from the tea-urn, various forms and designs of which are made in silver and plated ware. Always have a water-pot of hot water on the waiter with which to weaken each cup when desired. To insure "keeping hot" while serving in a different tea-pot from that in which the tea is made, the simple contrivance known as the "bonnet," or "cozy," is warranted a sure preventive against that

most insipid of all drinks—a warmish cup of tea. It is merely a sack, with a loose gathering-tape in the bottom, large enough to cover and encircle the tea-pot, with a small opening to fit the spout, and a slit though which the handle will be exposed. Make it with odd pieces of silk, satin or cashmere, lined, quilted or embroidered; draw this over the tea-pot as soon as the tea is poured into it; draw up the gathering, string tightly at the bottom, and the tea will remain piping hot for half an hour. Some make a simple, quilted, oval case entirely covering the pot and reaching quite to the teapot stand, lifting it off each time the tea is poured.



Tea or Coffee Stand.

The tea-float is a very useful addition to the tea-pot. The tea is placed in the float, and the float in the tea-pot. Boiling water is added as in ordinary tea-making. The float rises to the surface and thus retains the tea at the hottest part of the water, instead of its sinking to the bottom, which is the coldest part. By this application of natural laws and the chemistry of tea-making all the strength of the tea is withdrawn, and the infusion is far stronger than when prepared in the usual way. A smaller quantity of tea is therefore required when the tea-float is used. The float can be procured of any grocer or tea dealer. Some consider high priced teas less desirable for general use than the medium qualities, both on account of their prices, and because, owing to their purity and strength, they abound in deleterious properties.

The tea-pot should not only be emptied after being used, but made perfectly clean *inside* as well as *outside*. After a thorough wiping turn it upside down, that the drops may run from the spout, and when ready to be put away twist the corner of the towel and wipe the inside of the spout, and put the tea-pot in its place with the cover raised; when it is again required pour in boiling water to heat it thoroughly. It is well to keep a small tea-kettle for the express purpose of boiling water for tea, thus surely avoiding for this delicate drink the water which has boiled and re-boiled repeatedly during the day for filling up the various kettles.

The green teas are the Gunpowder, considered the best, and Hyson sorts, with their different varieties, both of which are manufactured in China and Japan, while only the former is obtained from

Java. The black teas are manufactured in China, Assam and Java, and from the two former countries come the Congo and Pekoe sorts under the latter of which the Oolong, a general favorite, and Souchong varieties are classed. Java exports the Congo, and also a black tea made up into little balls the size of a pea, known as the Imperial. India gives the English Breakfast and Caper varieties. As is now well known the difference between green tea and black lies in the fact that in the former fermentation has been arrested by "firing," the color of the leaf being in this way partially preserved and fixed, while with the latter, by a much longer process, fermentation up to a certain point is permitted, and the leaves are not "fired" until they have become oxidized by exposure to the air. Only green tea is manufactured in Japan, and is considered superior to that of China and Java, where the black teas are principally produced. The Chinese give an artificial coloring to the green teas exported, employing for this purpose native indigo and gypsum. In Japan, tea is not grown for export only, but is the chief article of home consumption; and the domestic teas as procured in that country are probably the only samples of unadulterated green tea to be had, and are known as the green Japan and uncolored Japan. In common usage Japan tea means the green variety, which is used largely in tea mixtures, while the uncolored is used more often by itself as is also the Gunpowder and Hyson. The first pickings of teas are considered choicest, containing more of the oil, and prices are established in that way, consequently each variety will have a first, second and third grade. A cup of the finest tea will show particles of the oil upon its surface.

The Chinese employ numerous odoriferous plants for the purpose of giving special scents to different varieties of tea. Some mixtures we liked are as follows, and it is most generally conceded that mixed tea is preferable: An excellent English mixture of black teas combines cheapness with fineness of flavor, and is composed of one pound of Congo tea with a quarter pound each of Assam and Orange Pekoe; a mixture of black and green teas is four parts of black to one of green, but a very fine mixture in point of flavor is one-half Oolong (black), one quarter each Gunpowder and green Japan, or three-fourths green Japan and one-fourth Oolong, or three-fourths English Breakfast and one-eighth each Gunpowder and green Japan; or half each English Breakfast and any green tea. Where

a mixture of uncolored Japan is used it is with an equal part of Oolong. Where health is taken into consideration the mixture using less of the green should be preferred, as owing to the different process of drying the green contains more of the injurious tannin.

To preserve the strength of tea or coffee requires a close receptacle. Nothing is better than the tin cans with close covers, japanned on the outside surface, kept for sale for this purpose. They are made neatly labeled on the side for "tea" or "coffee," so that there is no mistaking the one for the other, and no loss of time in getting what is wanted.



CACAO AND CHOCOLATE.

Cacao (improperly called cocoa) and Chocolate, are obtained from the seeds of *Theobroma cacao*, a small tree that grows in Mexico, Central America, the West Indies and other islands. The seed receptacle resembles a large black cucumber, containing from ten to thirty beans, which are roasted like coffee. The husks are then taken off, and are called cacao shells. The best cacao is made from the bean after the husks are removed.

Cacao is rich in nutritive elements. Like milk, it has all the substances necessary for the growth and sustenance of the body. The active principle is theobromine, a substance which resembles the alkaloids of coffee and tea, except that it contains more nitrogen than theine and caffeine. Another important difference between cacao and coffee or tea is the large amount of fat or cacao-butter contained in the kernel. These kernels consist of gum, starch and vegetable oil, and are marketed in four different forms: cacao shells, which are the husks of the kernel; cacao nibs, the crushed kernel; ground cacao, the kernels ground fine, and chocolate, the kernels ground to a fine powder and mixed to a stiff paste with or without sugar, and sometimes a little starch. It is very nutritious, but being rich in fatty matters is difficult to digest. For this reason many skim off the oil that rises to the surface as the beverage cools after boiling, and some manufacturers now remove the fats. A small cake weighing about two ounces will satisfy hunger, and is a good lunch for travelers, especially if eaten with fruit. Cacao and chocolate while very nutritious, are perfectly free from the possible injurious

influences of tea and coffee; and the more finely powdered they are the more palatable and nutritious are the beverages made from them. Actual boiling is advantageous in the preparation of either, as it thoroughly incorporates them with the liquid used. Nearly all brands of cacao and chocolate are recommended to be prepared at table; but it is much better to prepare them before the meal, and allow to boil a minute or two before serving. But too long boiling spoils the flavor. The custard kettle should be used in making cacao or chocolate, especially when milk is used, thus preventing the possibility of burning. A good proportion is one tablespoon of either cacao or grated chocolate to each person, with one-half pint milk, cream and milk, or milk and water, as used. If sweetened before sending to table, the sugar must be stirred in after it has boiled, and a grain of salt is added by some after taking from the fire to remove the flat taste noticed. Excellent brands of chocolate are Baker's, Runkle's and Blooker's; the two former come in cakes, both sweetened and unsweetened, and the latter in a fine dry powder, ready for use, which saves the trouble of grating and is preferred by many. Allow a large teaspoon of the powder to each cup milk, and mix to a paste with a little cold milk, then add boiling milk.

In the preparation of the above, and *all* beverages and foods, be sure that the water used is pure and fresh. If there is any reason to suspect that it is not, have it *boiled* before using. As several pints of water are daily taken into the body, this is one of the most important foods we have, and good water should be one of the indispensables in every household. Distilled water is the nearest ally to absolutely pure water, but can not be prepared by any easy process at home and is made chiefly by chemists and druggists in their trade. It is sometimes very essential in illness. The purest waters we get in a natural state are, it is said, melted ice and snow. Rain water contains gases it absorbs in passing through the air, but is the best and purest water to use when filtered; spring or well water, though usually looking transparent enough and tasting well, is impregnated with saline matter; river water has a smaller quantity of saline matter than spring water, but its organic impurities are in all likelihood far greater, and before it can be utilized for drinking it must have its impurities removed by filtering. Filters are now comparatively inexpensive, and every family valuing health should possess one. There are many good ones, the new upward filter possessing some advan-

tages over other kinds. To cool water without ice, put it into an earthen jug with a wet cloth wrapped about it, and hang in an open window where a breeze is blowing through; the evaporation from the surface of the jug abstracts the heat from the water within.

Broma.—Have three pints milk, or half milk and water, scalding over boiling water; mix two or three tablespoons broma smooth with a few spoonfuls boiling water, and when the milk is hot stir it in, having first mixed half a gill or more of milk with the broma; leave it ten minutes, or until slightly thickened, then serve.

Cacao Nibs.—Put a gill of the cacao nibs in a pot with two quarts water, and boil gently one and a half to two hours. There should be a quart of liquid in the pot when done. If the boiling has been so rapid that there is not this quantity, add more water, and let it boil once again. Many people prefer half broken cacao nibs and half shell. If the stomach is delicate, this is better than all nibs. Sugar and cream are used, as with coffee. When making *Cacao Shells* use twice the quantity of shells, or less may be used with same amount water, and boil as above; or, if milk is liked, put over the fire with one quart water, and when nearly done add a quart milk.

Chocolate.—Take six tablespoons scraped chocolate, or three of chocolate and three of cacao, dissolved in a quart boiling water, boil hard fifteen minutes, add one quart rich milk, let scald and serve hot; this is enough for six persons. *Cacao* can also be made after this recipe. Some boil either cacao or chocolate only one minute and then serve, while others make it the day before using, boiling it for one hour, and when cool skimming off the oil; when wanted for use, heat it to the boiling point and add the milk. In this way it is equally good and much more wholesome.

Chocolate.—For twelve people take six ounces chocolate, pour over it one pint boiling water, add eight ounces sugar and cook until it becomes a smooth paste. Then add enough sweet cream for the number of cups. Heat the whole in a custard kettle and it is ready for use. This will of course be very rich.

Meringued Chocolate.—Three pints fresh milk, three tablespoons Baker's chocolate, grated, two tablespoons sugar, powdered for froth. Heat milk to scalding. Wet up chocolate with one cup boiling water and when the milk is hot stir this into it. Simmer gently ten minutes, stirring frequently. Boil up briskly once, take from the fire, sweeten to taste, taking care not to make it too sweet, and stir in the whites of two eggs whipped stiff, *without* sugar. Pour into the chocolate pot or pitcher, which should be well heated; have

ready in a cream pitcher the well-whipped whites of three eggs with three tablespoons powdered sugar. Cover the surface of each cup with the sweetened meringue before distributing to the guests. If liked, substitute scented chocolate for Baker's.

Whipped Chocolate.—Wet three tablespoons chocolate with a little boiling water; scald one quart milk, stir in the chocolate paste and simmer ten minutes; put a whip-churn into the boiling mixture and churn steadily over the fire until it is a yeasty froth. Serve at once. Very delicious and easily prepared; or melt four ounces grated chocolate over a boiling kettle, add gradually three cups boiling water and one ounce sugar. Set it upon the fire, and when scalding hot pour it upon the yolks of two eggs, well beaten, with one and one half gills cold water, and a pinch of cinnamon, and return it to the fire for a few moments to cook the egg. It must not boil but should be beaten with the egg beater all the time. Serve very hot.

Crust Coffee.—Brown in oven to almost charring, outside crusts, slices, or any small pieces of white, rye, or Graham bread (the latter is richer and gives a finer flavor), being as careful as in roasting coffee that it is not burned. Make in proportion of two quarts hot water to four or five slices or their equivalent in small pieces, boil from an hour to an hour and a half and serve as other coffee, which it should resemble in color. Make as second recipe for Iced Tea and *Iced Crust Coffee* will result.

Iced Coffee.—Make more coffee than usual at breakfast time and stronger. Add one third as much hot milk as coffee and set away. When cold put upon ice. Serve as dessert with cracked ice in each tumbler. Or, make strong coffee and when it is cold mix it with an equal quantity of fresh cream, sweeten to taste and half freeze. *Iced Tea* may be made the same way.

Imperial Coffee.—For two persons, take four rounding teaspoons coffee tied up in a piece of Swiss muslin, (leave plenty of room for expansion); pour on two cups boiling water, cover closely and set back on the range about ten minutes. Break one egg in a large coffee-cup, give it a good whip with an egg-beater, divide it, half in each cup, add the usual quantity of sugar, pour on the hot coffee, add warm milk and one spoonful cream.

Cafe au Lait.—First heat the coffee cups and then fill each one-third full of hot but not boiled cream, filling up with good clear coffee. Or when cream cannot be had, use boiled milk, in any proportion liked, being guided by the strength of the coffee. Hal-

and half is a good rule, though some prefer more and others less coffee. A little cream turned into the cup with hot milk just before filling up with coffee is a great improvement. *Frothed Cafe au Lait* is made as above, putting spoonfuls of the whipped whites of eggs, slightly sweetened, on the top of each cup, heaping a little in the center.

Coffee Syrup.—Take half pound best ground coffee, put it into a saucepan containing three pints water, and boil it down to one pint; boil the liquor, put it into another saucepan, well scoured, and boil it again. As it boils add white sugar enough to give the consistency of syrup; take it from the fire, and when it is cool put in a bottle and seal. When traveling, if you wish for a cup of good coffee put two teaspoons of the syrup into an ordinary cup, and pour boiling water upon it, and it is ready to use. A weaker syrup is made thus: To every quarter pound ground coffee allow one small teaspoon powdered chicory, and one pint water. Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a filter with the chicory and pour *slowly* over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the simmering point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoons of this essence are quite sufficient for a breakfast cup of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early, and having only the milk to make boiling, is very easily and quickly prepared. When the essence is bottled, pour about three tea-cups of *boiling* water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water; by this means a better coffee will be obtained. Never throw away the grounds without having made use of them in this manner, and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence.

Iced Tea.—To have it perfect and without the least trace of bitter, put tea in cold water hours before it is to be used, the night previous if for breakfast or twelve-o'clock dinner, and in the morning if for tea; the delicate flavor of the tea and abundant strength will be extracted, and there will not be a trace of the tannic acid which renders tea so often disagreeable and undrinkable. Use only the usual quantity of tea. Put broken ice in it a few minutes before serving. Iced tea can be served with a light froth like that of ale on top, if shaken with the ice in it in two glasses placed one over the other—the brims together. Another method is to prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice-chest until

ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter garnished with well-washed grape leaves.

Russian Tea.—Place in a teapot three heaped tablespoons English breakfast tea, pour over it three pints boiling water, let infuse for four minutes, flavor with vanilla and a few drops of lemon juice, add a little powdered sugar and serve. Or a thin slice of lemon may be used instead of lemon juice.

Tea for Forty.—Have two and one-half gallons boiling water ready, put a quarter pound tea in a box made of perforated tin, or in a muslin bag, and drop it into the water, which must then be kept from boiling and set where it will be kept hot. May be served like coffee with whipped cream or a meringue of whites of eggs on each cup.

Tea au Lait.—Beat a teaspoon or so of sugar with the whipped white of an egg; stir in a glass of new milk and then a cup very hot tea, beating all up well together and sweetening to taste. A very palatable mixture and valuable for persons who suffer much from weakness.

Strawberry Acid.—Dissolve five ounces tartaric acid in two quarts water and pour it upon twelve pounds strawberries in a porcelain kettle; let it simmer forty-eight hours, strain, taking care not to bruise the fruit; to every pint juice add one and one-half pounds sugar and stir until dissolved, then leave it a few days; bottle and cork lightly; if a slight fermentation takes place leave the cork out a few days, then cork, seal and keep bottles in a cold place. Drink, mixing desired quantity with ice water. To make *Royal Strawberry Acid* take three pounds ripe strawberries, two ounces citric acid and one quart water; dissolve the acid in the water and pour it over the berries; let them stand in a cool place twenty-four hours, draw off, and pour in three pounds more berries and let stand twenty-four hours; add to the liquor its own weight of sugar, boil three or four minutes each day for three days, then cork tightly and seal. Keep in a dry and cool place.

Iced Buttermilk.—There is no healthier drink than buttermilk, but it must be creamy, rich buttermilk to be good. And to provide for this, when skimming the milk take plenty of milk with the cream, using a dipper for the purpose instead of a skimmer. It should stand on ice to cool, though if very rich and thick a little ice in it is an improvement. As a drink for men at work in the hot sun buttermilk is far preferable to cider or beer, as it is not only cooling and refreshing, but strength-giving; for the butter taken from the milk is only the carbonaceous or heat-producing element, and all the nourishing qualities that make it so valuable as food are left in the buttermilk.

Curry Cordial.—Boil one pint good milk and add a teaspoon curry powder and sugar to taste. Drink while hot. Good on a frosty morning.

Currant Cup.—To a pint currant juice add one pound sugar, and ice-water to taste; mix and use at once.

Fruit Cup.—Pare the yellow rind very thinly from twelve lemons, squeeze the juice over it in an earthen bowl, and let it stand overnight if possible; pare and slice thinly a very ripe pine-apple, and let it lay overnight in a half pound powdered sugar; crush one quart berries and let them lay overnight in half pound powdered sugar. If all these ingredients cannot be prepared the day before they are used, they must be done very early in the morning, because the juices of the fruit need to be incorporated with the sugar at least twelve hours before the beverage is used. After all the ingredients have been properly prepared as above, strain off the juice, carefully pressing all of it out of the fruit; mix it with two pounds powdered sugar and three quarts ice-water, and stir until sugar is dissolved. Then strain again through a muslin or bolting-cloth sieve and put on the ice or in very cool place until wanted for use.

Harvest Drink.—One quart water, tablespoon sifted ginger, three heaping tablespoons sugar, half pint vinegar; add spices to taste if wished.

Jelly Drink.—A little jelly or fruit syrup dissolved in a glass of ice-water with a little sugar is a refreshing drink.

Lemon Drink.—Seven pounds white sugar, two quarts boiling water; let boil ten minutes, then take off and let stand till cool; add two ounces tartaric acid, one-half ounce gum arabic, fifty-four drops essence of lemon.

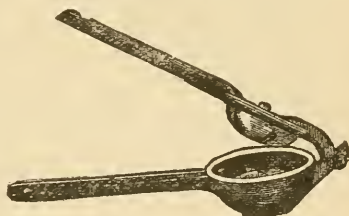
Oatmeal Drink.—Take four tablespoons Scotch oatmeal, put into a small jug and fill up with clear, cool water; shake well and allow it to settle. This makes a most refreshing drink in hot weather and quenches thirst more than any other liquid.

Soda Foam.—Two pounds white sugar, whites of two eggs, two ounces tartaric acid, two tablespoons flour, two quarts water and juice of one lemon; boil two or three minutes, and flavor to taste. When wanted for use take a half teaspoon soda, dissolve in half a glass water, pour into it about two tablespoons of the acid, and it will foam to the top of the glass.

Lemonade.—The method of making this universally popular and refreshing beverage varies according to the taste of individuals, some liking the flavor of the rind, others not, and some preferring more, others less sugar. It will be well to remember that when the rind or peel is used the lemonade is spoiled by standing, the soaked rind giving it a bitter taste, and to be good it must be served imme-

diately after making. Instead of using cracked ice, many prefer to half freeze lemonades, sherbets, and all drinks of the kind, serving in glasses as usual, and this is considered much the more elegant way. Or the same effect may be produced by pounding ice in a bag into fine particles and add to the lemonade, previously cooled on or with ice, just before serving. Or, if necessary to prepare hastily, crack the ice into small bits and place some in the bottom of each glass before filling, beside adding it to the quantity of liquid. Always roll the lemons with the hand on the table before using, as this breaks up the fibers and the juice can then be extracted more easily and thoroughly; and in making lemonade always remove the seeds. The best way of securing the flavor of the rind is to rub the lemons with lumps of sugar, or if there are no lumps sprinkle some of the sugar on a plate and roll the lemons over it; this extracts the oil of the rind, and the sugar used, which is now called the "zest," is added to that intended for sweetening. Some boil the peel in a little water and strain it for flavoring, or let it stand in water an hour or two.

A very nice *Every-day Lemonade* is made as follows: Roll six lemons well, peel, cut in halves, and with the lemon squeezer squeeze the juice over two cups white sugar, add the pulp and let stand till the sugar dissolves, add one gallon water and lumps of ice, pour into pitcher and serve. Some add soda after the glasses are filled, and stir rapidly for *Sparkling Lemonade*. If the flavor is liked add the zest from two or three of the lemons. Or, if wanted stronger, take the juice of one dozen lemons, three quarts water, and eight ounces sugar, or sweeten to taste; partially freeze, or add pounded ice. For *Lemon Frappee* add the whipped whites of six eggs. Some use a half pint lemon juice to three pints water and one pint sugar. Another excellent recipe requires one-half pound loaf sugar, three large or four small lemons, and a quart boiling water. Rub some of the sugar, in lumps, on two of the lemons until they have imbibed all the oil from them, and put with the remainder of the sugar into a jug; add the lemon juice (but no seeds), and pour over the whole the quart of boiling water. When the sugar is dissolved, strain lemonade through a fine sieve or piece of muslin, and when cool it will be ready for use; much improved by adding the well-beaten white of an egg. *Tutti Frutti Lemonade* is made thus: Pare the yellow rind thinly from two oranges and six lemons and steep it four hours in a quart of hot water. Boil a pound and a half loaf sugar in three pints water, skimming until it is clear. Pour these two mixtures together; add to juice of six oranges and twelve lemons, mix and strain through a jelly-bag until clear, and keep cool until wanted for use. If the beverage is to be kept several



Lemon Squeezer.

days, it should be put into clean glass bottles and corked tightly. If for a small party, half the quantity will be sufficient. The juice of oranges improves any lemonade. When a lemon squeezer is not at hand slice the lemons thinly into a crock or pitcher over the sugar, let stand a few minutes and pound with the potato masher to extract the juice, add the water and strain. If it is thought that the slices of lemon add to the appearance of lemonade, cut one lemon in very thin slices for the purpose, sprinkling sugar over them, and add last, or put a slice or two in each glass. *Orangeade* is made same as lemonade, substituting oranges and using a little less sugar.

Effervescing Lemonade.—Work into one pound granulated sugar thirty-three drops oil of lemon, and sift through hair sieve; sift into this two and a half ounces tartaric acid and then two and a half ounces carbonate of soda. Keep the compound air-tight and perfectly dry. Use by stirring two teaspoons of it into a glass of ice-water. Buy the materials of reliable druggist, and keep in tightly corked bottles.

Egg Lemonade.—This recipe makes fifty glasses. Eight quarts water, three pounds sugar (six or seven cups), two dozen lemons, two oranges, whites of eight or ten eggs; grate the rinds of eight or ten lemons and the oranges into a large bowl, using a tin grater, and take less or more according to the size and degree of ripeness of the fruit. Put a little sugar in the bowl and rub together with the back of a spoon. Squeeze in the juice of all, add the sugar and some water, and then the frothed whites of eggs and beat the mixture until the sugar is dissolved. Put in remainder of water, strain into a vessel containing a quantity of cracked ice, and when served fill a glass three parts full, invert another on top, the rims close together, and shake up to make the foam. Use half or quarter of the recipe if this quantity is too large.

Hot Lemonade.—To six lemons allow three-quarters pound lump sugar and a pint boiling water; rub the lemons with some of the sugar, peel them very thin, strain the juice, put it with the sugar into a jug or pitcher and pour over it four pints boiling water; cover the jug well with a cloth to keep in the steam and drink hot. Or, take the juice of one lemon for one glass and sweeten to taste. Excellent for a cold.

Milk Lemonade.—Loaf sugar, one and a half pounds, dissolved in a quart boiling water, with half a pint lemon juice and one and a half pints milk.

Picnic Lemonade.—Roll the lemons; peel, and squeeze the juice into a bowl or tumbler—never use tin—and strain out seeds, as they give a bad taste. Boil the pulp in water, a pint to a dozen pulps, to remove the acid. A few minutes' boiling is enough. Strain the

water into the juice of the lemons; take a pound white sugar to a pint liquid, boil ten minutes, bottle, and it is ready for use. Put a teaspoon or two of this syrup to a glass of water. Or, roll the fruit in a little granulated sugar spread upon a marble or other hard surface to obtain the zest, squeeze the lemons into a bowl, remove seeds and add sugar and zest. Bottle and add a teaspoon or two to water as wanted.

Pocket Lemonade.—One ounce powdered tartaric acid, six ounces powdered white sugar and one drachm essence of lemon; mix and dry thoroughly in the sun, divide into twenty-four equal parts, and wrap carefully in paper; each powder makes a glass of nice sweet lemonade. Most excellent and refreshing when traveling.

Mead.—Three pounds brown sugar, one pint molasses, one-fourth pound tartaric acid; pour over the mixture two quarts boiling water and stir till dissolved. When cold add half ounce essence sassafras, or flavor with fruit juices, orange or lemon peel or aromatic herbs, and bottle. To make a nice drink put three tablespoons of it in a tumbler, half fill with ice water, add a little more than one-fourth teaspoon soda and drink while foaming.

Blackberry Nectar.—To each quart water take one pound crushed berries, a sliced lemon and teaspoon orange flower water; mix and let stand in earthen bowl three hours; strain thoroughly, squeezing all juice from fruit; dissolve one pound sugar in the liquid, strain again and put on ice until ready to serve; or half freeze it. Any other berries may be used in their season.

Cherry Nectar.—Select the finest and ripest of May-Duke or Morello cherries. Pound well with stones in them. The stones are retained because they add to the native flavor of the pulp. Press out the juice through a hair sieve, add a little water and give one boil, filter through a flannel bag, add a small quantity syrup, a little lemon juice and a little more water. Do not make too sweet. The tendency in all these cordials is to extinguish the sub-acids of the fruit in too much sugar. Put into a freezer surrounded by ice; keep as cold as wished by surrounding with ice. Do not dilute it by putting ice into the beverage itself.

Cream Nectar.—Put into a porcelain kettle three pounds loaf sugar, two ounces tartaric acid and one quart water; set on the fire, and when warm add the whites of two eggs beaten to a froth, stir it well for a few minutes but do not let boil. When cool, strain and add a teaspoon essence of lemon and bottle. Put two tablespoonfuls in a glass, fill it half full of cold water and stir in one-fourth teaspoon soda. Drink while effervescing.

Grape Nectar.—Stem and squeeze well two pounds Catawba grapes in a coarse cloth, add to the juice three tablespoons loaf

sugar and when this is dissolved a cup cold water ; set on ice till cold, pour into pitcher over a lump of ice and drink at once. Add more sugar if liked, or if grapes are not quite ripe. Very good.

Welsh Nectar.—Cut the peel of three lemons very thin, pour upon it two gallons boiling water, and when cool add the strained juice of the lemons, two pounds loaf sugar and one pound raisins, stoned and chopped very fine. Let stand four or five days, stirring every day, then strain through jelly-bag and bottle for present use.

Orangeade.—Put thin peel of three oranges in one pint syrup (made by boiling three-fourths pound loaf sugar in one pint water). Press out the juice of twelve fine large oranges through a fine hair sieve into a crock or pitcher. Add the syrup and three pints cold water, mix, and let stand in ice for an hour.

Lemon Sherbet.—Grate the rinds of two lemons into a bowl and squeeze in the juice ; make a boiling syrup of one pound sugar and one pint water and pour it hot over this, and let remain till cold, or as long as convenient, to extract the flavor. Then add one pint water, strain into the freezer and freeze as usual. When pretty well frozen whip whites of three eggs to a froth, stir them in, beat up and freeze again. Or soak tablespoon gelatine in a little cold water and add it to one pint boiling water ; then add pint each sugar and water and juice of five lemons and half-freeze ; or boil pint and a half sugar and three pints water half an hour ; add juice of ten lemons, strain and half freeze. For *Orange Sherbet* make as either of above recipes using twice as many oranges, and if not very acid add juice of a lemon. For *Pineapple Sherbet* use one large pineapple or one and a half cans. Cut hearts and eyes from the fruit, chop fine and add pint sugar and juice from can and the soaked tablespoon gelatine dissolved in half pint boiling water ; then add half pint cold water and half freeze as above ; or cook fruit in pint water twenty minutes, and then pulp through a sieve ; boil a syrup of pint each sugar and water fifteen minutes and then add fruit pulp and cook fifteen minutes longer, add juice from cans and freeze.

Milk Sherbet.—Boil two quarts milk ; when cold put into freezer. Take the juice of six or seven lemons—according to size, and one pound and a half sugar, dissolved in as little water as possible. Whip whites of two eggs and stir in the milk ; add the lemon juice after it begins to freeze a little ; then mix thoroughly and freeze.

Pine-apple Sherbet.—One pine-apple, four lemons, two quarts water, two teacups sugar ; steep the pine-apple in the water for two hours ; strain and add the juice of the lemons and sugar ; whip the whites of five eggs, add to them three tablespoons sugar, place all in freezer and half freeze. Adding the sugar to the whites gives body to the sherbet ; it is excellent. To one-half gallon rich lemonade

add one can prepared pine-apple ; whip one pint cream and sweeten, add the whites of three well-beaten eggs and stir them both in just before freezing. Serve in glasses.

Strawberry Sherbet.—Crush a pound berries and add to them one quart water, a sliced lemon, and one teaspoon orange flower water, if at hand. Let stand in an earthen bowl for three hours ; then strain, squeezing all the juice out of the fruit. Dissolve one pound powdered sugar in it, strain again, and put on ice until ready to serve. Or mash two quarts berries and one pint sugar together and let stand two hours, then add pint water and strain, rub through a sieve, soak a tablespoon gelatine in cold water to cover, add half pint boiling water and pour this to the mixture and half freeze. *Raspberry Sherbet* is made same way. For *Currant Sherbet*, take pint each juice, water and sugar, one tablespoon gelatine, and juice of one lemon ; soak gelatine in a little cold water, and dissolve it in half pint boiling water, add other ingredients and freeze ; or boil one quart water and pint sugar half an hour ; add pint currant juice and juice of a lemon, let cool and freeze.

Currant Shrub.—Make the same as jelly, but boil only ten minutes ; when cool, bottle and cork tight, as canned fruits. *Raspberry, Strawberry and Blackberry Shrubs* can be made in the same way ; when used, put in two-thirds ice-water ; or place currants in crock and cover with a little water ; put in a kettle of hot water and when heated through, drain, let stand overnight and finish as Raspberry Shrub.

Gooseberry Shrub.—Pour enough boiling water over green gooseberries to cover them, and place a cloth over them ; let stand till cold, drain, and place juice on stove, and when boiling pour again over the berries, cover, cool, drain, and proceed as before. Then drain, let stand overnight, and finish as Raspberry Shrub.

Raspberry Shrub or Vinegar.—Place red raspberries in a stone jar, cover with good cider vinegar, using about one quart vinegar to two gallons fruit, let stand two or three days, strain through a jelly-bag, squeezing carefully ; let stand overnight so it will become perfectly clear ; measure and place on stove, and boil and skim until it boils up clear ; add one pint sugar to every pint juice as just measured, and cook half an hour. Let stand till cold, then can and seal as directed in Canning Fruits. Some use one-third vinegar (one quart to two quarts fruit) but if fruit is juicy the above proportions make a much finer flavored shrub. Black raspberries may be used, or strawberries, making *Strawberry Shrub*, and blackberries, using for latter only a pint sugar to one quart juice, making *Blackberry Shrub*. Some, after straining, let it simmer on back of stove two hours, while others let boil ten minutes, in either way canning when hot, but the above method has been "tried and not found wanting."

Always procure very ripe, juicy fruit. For a drink use two or three teaspoons to one glass water, according to strength desired.

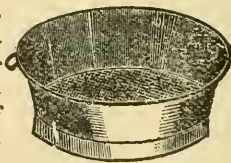
Effervescing Soda.—Mix half a teaspoon powdered bicarbonate of soda thoroughly with two tablespoons syrup of any flavor liked; add six or eight times as much cold water; while stirring it mix in half teaspoon powdered tartaric acid and drink at once. This is for immediate use. Or mix the syrup and water in above proportions and fill into bottles; put in each bottle half a drachm each of crystallized bicarbonate of potassa and crystallized tartaric acid and cork immediately. The above quantity is for soda bottles; wine bottles will require double the quantity.

Lemon Syrup.—Take the juice of twelve lemons, grate the rind of six in it, let it stand overnight, then take six pounds white sugar and make a thick syrup. When it is quite cool strain the juice into it and squeeze as much oil from the grated rind as will suit the taste, and bottle. A tablespoon in a glass of water will make a delicious drink on a hot day, far superior to that prepared from the stuff commonly sold as lemon syrup. Or, boil two pounds loaf sugar with two pints water for fifteen minutes and put in a basin until cold. Pound one ounce citric acid to a powder and mix with it one-half drachm essence of lemon and add to the syrup, mix well and bottle for use. Two tablespoons of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

Orange Syrup.—Use fully ripe thin-skinned fruit; squeeze the juice through a sieve and add a pound sugar to every pint; boil slowly ten minutes, skim carefully, and bottle when cold. Two or three tablespoons of this in a glass of ice water will be found a refreshing summer drink. It may also be used with melted butter for pudding sauce.

Tisane.—To make *Prune Tisane*, take of French plums or prunes two ounces and a half; cut them in two and boil them for an hour in a sufficient quantity of water to make a quart of tisane; strain through a sieve. *Date, Fig and Jujube Tisanes* are made in a similar manner.

Currant Water.—Pick over one pound currants and half pound raspberries and add one-half pint water, bruising or crushing all together with a wooden spoon. Put the pulp into a preserving kettle with one-half pound crushed loaf sugar. Stir over the fire till just about to simmer, put through a puree sieve and add three gills syrup (made with sugar and water as in Orangeade) and one and one-half pints water. Let cool and bottle for use.



Puree Sieve.

Apple Water.—Cut tart apples in small pieces, rejecting the

cores, and put over the fire in enough boiling water to cook them, with half their weight in sugar; simmer half an hour, strain through a jelly-bag, cool in ice and drink with cracked ice.

Pine-apple Water.—Peel and slice a nice large pine-apple, and pound to a pulp. When well mashed put it into a basin, pouring upon it one pint boiling syrup as in Orangeade, add the strained juice of one lemon, stir all together and cover. Let stand for two hours untouched, then filter through a fine silk sieve and add a quart water.

Ice-Cream Soda Water.—Put sufficient syrup of any flavor liked and a large tablespoon ice-cream into a large tumbler; mix together with a spoon, fill up with bottled soda water made as in Effervescing Soda and quaff at once. If desirable, pounded or shaved ice may also be added to the contents of the tumbler before the soda water is poured in.

Strawberry Water.—Crush with one-half pound finely sifted sugar one pound ripe red strawberries, and put them with one-half pint cold spring water. Filter this through a sieve into a pan, adding two pints water and the juice (strained) of one lemon.

EGGS.

There is only one opinion as to the nutritive properties of eggs, although the qualities of those belonging to different birds vary somewhat, and among all nations they are a favorite article of food. They are pleasing to the palate, highly nutritious, and easy of digestion, and are said to contain all that is required for the construction and sustenance of the human body ; so that eggs, even at a fancy price, are the cheapest of food and should form part of the daily bill of fare of every family. Either eggs or cheese or the two combined are good substitutes for meat, and in combination with vegetables are capable of sustaining strength equivalent to a meat diet. The eggs of different birds vary much in size and color. Those of the ostrich are the largest ; one laid in the menagerie in Paris weighed two pounds, fourteen ounces, held a pint, and was six inches deep, which is about the usual size of those brought from Africa. Travelers describe ostrich eggs as of an agreeable taste ; they keep longer than hens' eggs. The eggs of the turkey are almost as mild as those of the hen ; the egg of the goose is large, but well-tasted. Ducks' eggs have a rich flavor ; the albumen is slightly transparent, or bluish, when set or coagulated by boiling, which requires less time than hens' eggs. Guinea-fowl eggs are smaller and more delicate than those of the hen. Eggs of wild fowl are generally colored, often spotted, and the taste usually partakes somewhat of the flavor of the bird they belong to. Those of land birds that are eaten, as the plover, lapwing, ruff, etc., are in general much esteemed ; but those of sea-fowl have, more or less, a strong fishy taste. The eggs

of the turtle are very numerous; they consist of yolk only, without shell, and are delicious. Those of the common hen are most esteemed as delicate food, particularly when "new-laid," and those of the bantam have a peculiar, delicate flavor. The quality of eggs depends much upon the food given to the hen. Herbs and grain make a much better food than grain only; when the hens eat too many insects the eggs have a disagreeable flavor. The eggs of ducks and geese are often used in cooking, but are of too coarse a nature to be eaten alone; those of the turkey and pea-hen are highly esteemed for some purposes, and plovers' eggs are considered a rare table delicacy. Eggs are employed in a great many articles of cookery, entrees, and entremets, forming an essential ingredient in pastry, creams, custards, etc., but are considered most easily digestible when little subjected to the art of cooking. The lightest way of dressing eggs is by poaching. The fresher they are the better and more wholesome, though new-laid eggs require to be cooked longer than others. Eggs over a week old will do to fry but not to boil. Do not mix eggs in tin; always use earthenware. When eggs are wanted for boiling or packing, test them by putting in water in a vessel with a smooth level bottom; the fresh eggs will sink quickly to the bottom, those that sink slowly are suspicious, and those that float are very likely to be bad; or, those which lie on the side are good, but reject those which stand on end as bad. Still another test is to look through each egg separately toward the sun, or toward a lamp in a darkened room; if the white looks clear, and the yolk can be easily distinguished, the egg is good; if a dark spot appears in either white or yolk, it is stale; if they appear heavy and dark, or if they gurgle when shaken gently, they are "totally depraved." The best and safest plan is to break each egg in a saucer before using in cooking, and never use one the least spoiled, as if only one egg is slightly tainted it will "leaven" the whole.

MAKING OMELETS.

There are numerous kinds of omelets, and, if properly made, they generally give satisfaction. As a rule an omelet is a wholesome, inexpensive dish, but yet one in the preparation of which cooks frequently fail, owing to ignorance of detail. The ingredients used may be varied indefinitely, but the process is always the same. Beat

the yolks lightly (twelve beats is said to be the magic number), as too much beating makes them thin and destroys the appearance of the omelet, then add the milk, the salt, pepper, and flour if any is used, and lastly the whites beaten to a stiff froth. Some claim that salt mixed with the eggs prevents them from rising and gives the omelet a flabby appearance, and so sprinkle with a little salt just before turning out on dish, or salt at table. Have the frying or omelet pan hot and dry. The best way to insure this is to put a small quantity of fat into the pan, let it simmer a few minutes, then pour it out, wipe the pan dry with a towel, and put in a tablespoon butter or American Cooking Oil and pour in the omelet, which should at once begin to bubble and rise in flakes; care should be taken that the butter does not burn, thereby spoiling the color of the omelet. Slip under it a thin, broad-bladed knife, and every now and then raise it up to prevent burning, but never turn, as this flattens and toughens it. As soon as the under side is hard enough to hold together, and the eggs begin to "set," fold over, shake the skillet so as to entirely free the omelet, carefully slide it on a hot platter, and serve at once. It should be cooked in from three to five minutes. Properly made, omelets are not exactly rolled up, but there is a knack to be learned of shaping in the pan by shaking them while cooking over to one side of pan, the side farthest away, while the handle is uplifted; loosen the edges with a knife when it is cooked nearly enough to shake; this is especially the case if a large pan is used, so that the eggs will cook in a small space upon one side of pan instead of spreading all over and becoming too dry, but a small-sized omelet pan, six or eight inches in diameter, is best, so that the mixture when put in pan may be at least half an inch thick. One reason of omelets and all fried eggs sticking to the frying-pan is allowing the pan to get too hot. They seldom stick when poured into a pan that 's kept not too hot till wanted. The pan should be used for no other purpose, and should be rubbed smooth, or polished, after using. To bake an omelet, place in the frying-pan on top of stove until it begins to "set" in the middle, then place in a rather hot oven; when slightly browned, fold if liked, or turn a hot dish on top of the pan, upset the latter with a quick motion, and so dish the omelet with the under side uppermost. It should be baked in from five to ten



Omelet Pan.

minutes. When a large quantity of eggs is used, instead of making into one large omelet, divide and make several, sending each to the table as soon as done. Three or four eggs make a good-sized omelet, either fried or baked; some think it an improvement to add a tablespoon cream to every two eggs. Ham, chicken, and all kinds of meat omelets are made by chopping the meat fine and placing between the folds before dishing. In making vegetable (asparagus, tomato, cauliflower, etc.) omelets, cook the vegetables as if for the table; place them in the center of the omelet just before folding, or scald a little parsley, pour off water, chop and mix with omelet just before cooking; old cheese grated and added to a plain omelet is also a favorite dish.

Baked Eggs.—Break eight eggs carefully into a well buttered dish, put in pepper and salt, bits of butter and three tablespoons cream—or some sprinkle chopped pickles, such as gherkins, cauliflower, etc., over them; put in moderate oven and bake about twenty minutes or until whites are well set; serve very hot. Or, beat six eggs with one tablespoon flour and six of sweet milk; melt a piece of butter in the frying-pan and when hot turn the whole in, and bake in very hot oven; to be served as soon as done. A more elaborate and very elegant dish is the following: Pour enough chicken, game or veal gravy into a neat baking dish to cover the bottom well and stir with it a teaspoon mixed parsley and onion finely chopped. Set the dish in the oven until the gravy begins to hiss and bubble, when break six eggs into it so that they do not crowd one another. Strew bread-crumbs thickly over them, pepper and salt to taste and return to the oven three minutes longer, then pour the rest of the gravy, which should be hot, over the whole; add more bread-crumbs as fine as dust and bake until eggs are “set.” Send to table in baking dish. Or take up the eggs carefully one by one and lay them on rounds of toasted or fried bread on a hot flat dish; add a little cream, and if liked some very finely chopped parsley and onion, to the gravy left in the baking dish, and turn it into a saucepan; boil up once quickly and pour over the eggs. Or add to yolks of six hard-boiled eggs one pint grated bread-crumbs, two tablespoons butter and salt and pepper to taste; fill the halved whites with this, put together in whole form again and pack closely in a baking dish. A little dressing will be left, which stir into a batter with one egg beaten light, half pint bread-crumbs and pint sweet milk; pour this over the eggs and bake in oven until a nice brown. *Baked Eggs with Ham* is another delicious dish. Chop fine a cup cold ham and mix with it a cup

bread-crumbs and a high seasoning of salt and pepper; put into buttered patty-pans, set in dripping-pan and put into oven to heat; as soon as they are hot take the pan out of the oven, break an egg into each patty-pan on the ham and bread and return to oven to just set the whites of the eggs, then serve the baked eggs hot in the little patty-pans, setting each one on a tiny plate.

Boiled Eggs.—In boiling, eggs are less likely to crack if dropped in water not quite to the boiling point. They will cook soft in three minutes, hard in five, *very hard* (to serve with salads, or to slice thin—seasoned well with pepper and salt—and put between thin slices of bread and butter) in ten to fifteen minutes. The wire egg stand for holding eggs while being boiled, and afterward for the table, is very convenient. By using this all risk of breaking the eggs when dropping them into the boiling water or fishing them out is avoided. The eggs are all put in and all removed at the same time, insuring uniformity in cooking. When a part are to be cooked longer than the rest they can be put in first, and those cooked less, afterwards, and all removed together. To cool the shells the stand with the eggs can be dipped for an instant in cold water. These stands are made in several sizes, holding from four to twelve eggs. There is an objection to the ordinary way of boiling eggs not generally understood. The white, under three minutes' rapid cooking, is toughened and becomes indigestible, and yet the yolk is left uncooked. To be wholesome, eggs should be cooked evenly to the center, and this result is best reached by putting the eggs into a dish having a tight cover (a tin pail will do) and pouring boiling water over them in the proportion of two quarts to a dozen eggs; cover and set away from the stove; after cooking about seven minutes, remove cover, turn the eggs, replace cover, and in six or seven minutes they will be done, if only two or three eggs; if more, in from ten to twenty minutes. The heat of the water cooks the eggs slowly to a jelly-like consistency and leaves the yolk harder than the white. The egg thus cooked is very nice and rich. Another method of cooking is to put the eggs on in cold water and let it gradually come to a boil, which will be in about ten minutes, when they are immediately taken out and served. The inside, white and yolk, will then be of the consistency of custard. Serve in egg stand, or in a dish enfolded in a warm napkin, placing an egg glass at each plate; or if well done, shell and halve quickly and serve on hot plate with a hot French mustard poured round them, dipping a spoonful on each. Drop eggs a moment into cold water and they will shell more easily. If intended for salad leave them in the cold water for some time for the yolks to harden.



Wire Egg Stand.

Breaded Eggs.—Boil hard and cut in round thick slices, season with pepper and salt and dip each in beaten raw egg, then in fine bread-crumbs, or powdered cracker crumbs, and fry in fat like doughnuts. Drain off every drop of grease and serve hot. A nice way of serving is to spread triangles of fried bread with anchovy paste, lay them in a hot platter and arrange the sliced egg on these; pour over all a cup drawn butter into which a raw egg has been stirred.

Broiled Eggs.—Toast pieces of bread on both sides, butter, and break six eggs carefully upon them, sprinkle with salt and pepper, and pass a clean red hot shovel or salamander over them until they are well set. Squeeze the juice of an orange over them, strew with a little grated nutmeg and serve as quickly as possible. Dip the toast into warmed cream and it is much more delicious.

Buttered Eggs.—Break four eggs into a bowl and beat well; put two tablespoons butter into another bowl, which place in boiling water and stir till butter melts; pour that and the eggs into a lined saucepan, hold over a gentle fire and as the mixture begins to warm pour it two or three times into the bowl and back again, that the two ingredients may be well incorporated. Keep stirring the eggs and butter one way until they are hot, *without boiling*, and serve on hot buttered toast. If the mixture is allowed to boil it will curdle and so be entirely spoiled.

Curried Eggs.—Slice two onions very thin and fry in butter to a nice brown, add a tablespoon curry powder and one pint good broth or stock, stew till onions are quite tender, add a cup cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard-boiled eggs, cut in slices, and heat them well, but do not boil. If a white instead of a brown dish is wished the onions must be stewed in butter, and the sauce made of veal broth mixed with a little milk and flour. Pepper and salt to taste. Serve hot. Or mix two teaspoons curry powder into a paste with a little gravy from one and one-half pints, and rub it, adding the rest of gravy until it is completely incorporated; let it then simmer gently until it is reduced to little more than a half pint; thicken it with a little flour and butter, boil six eggs hard, cut them into slices, yolk and white together, warm up for five minutes, and serve very hot. Another excellent recipe: Cut each egg into four slices; put two tablespoons butter or olive oil into a frying-pan, and when well heated throw into it a large sliced onion and apple; fry briskly till well browned; add a cup either milk, cream, water or stock in which has been mixed a dessert-spoon strong curry-powder; simmer about ten minutes and thicken with the beaten yolk of an egg. Arrange the sliced eggs in a hot dish, pour the curry over them, or just stew them in it for a few minutes. Some epicures have the yolks only of

the eggs curried and the whites minced fine to form a garnish. Tomatoes, chopped, savory herbs, celery, green peas, sliced cucumbers, button mushrooms, fresh or pickled, orange or lemon juice, young capsicums, pickles of any kind, shred lemon rind, shallot or garlic in small quantity, or indeed almost any sort of vegetable may be employed in the curry. Fillets of anchovies may be used as a decoration round the rim of the dish, but observe that only cream or yolk of egg should rightly be made use of for thickening a curry.

Deviled Eggs.—Take a sufficient number of the hard-boiled yolks of eggs, dip them first into some beaten egg, then dip them into oil and roll them in cayenne pepper and salt. make a little tray by twisting up the corners of half a sheet of oiled writing paper, place the eggs in it, put it upon a gridiron over a clear fire and shake it about till the eggs are quite hot. Serve with equal quantities of olive oil and chetney sauce made very hot. In default of chetney sauce, Chili vinegar may be employed. Or dip the hard-boiled yolks into beaten egg well seasoned with pepper and salt, then into bread-crumbs, and drop into hot lard until browned over.

Forcemeat Eggs.—Boil six eggs hard, and while boiling make a forcemeat by mixing a cup minced chicken, veal, ham or tongue with a half cup bread-crumbs, two teaspoons mixed parsley, onion, summer savory or sweet marjoram chopped fine, and one raw egg beaten light. Take shells of eggs on carefully, divide in halves, and cut a piece of the white off at each end that they may stand firmly when dished, and coat them thickly with the forcemeat. Set on upper grate of very hot oven to brown, and serve piled neatly on hot dish. Pour a cup of hot, rich gravy over them into which a little lemon juice has been squeezed, and serve. Or leave eggs whole, cover with forcemeat, put in a frying-basket and set into boiling fat for two minutes. Nice for lunch, tea or picnics.

French Eggs.—Boil hard, remove shells, roll in beaten egg, then in cracker crumbs and fry in butter until brown. Pour over them a gravy made in pan of butter, crumbs and cream. An excellent side dish for dinner.

Fricasseed Eggs.—Put a half pound stale bread and a pint milk or good meat broth seasoned with pepper and salt in saucepan and boil three minutes, mash well and mix and boil until a thin paste is made, stirring constantly; mix with this six or eight hard-boiled eggs, cut in slices or dice, seasoned with pepper and salt, stir over the fire five minutes and serve hot. Or put the broth on the fire in saucepan with the seasoning, adding also parsley and a suspicion of onion, and let come to a boil. Rub the slices of egg with melted butter, then roll them in flour. Lay them gently in the gravy



Saucepan.

and let this become smoking hot upon the side of the range, but do not let it actually boil lest the eggs should break. They should lie thus in the gravy for at least five minutes. Have ready upon a platter small slices of nicely fried bread, lay the sliced eggs evenly upon this, pour the gravy over all and serve hot.

Fried Eggs.—After frying ham drop the eggs one by one in the hot fat and dip it over them until the white is set, or cook from three to five minutes, as liked. They may be served alone or on the ham dusted over with pepper and salt, or they may be fried in other fat and served with broiled ham, or on toast sprinkled with catsup or a sauce of any kind. Fried eggs may also be served on slices of Bologna sausage tossed over the fire in hot butter or salad oil. Place an egg on each piece of sausage, arrange among them some parsley leaves fried crisp, and serve as hot as possible. French cooks pour over fried eggs a hot mixture of chopped onions and bread-crumbs, a little water and a few drops vinegar seasoned with salt. The fried egg pan is very nice where it is desired to retain the shape of the egg. A nice way of frying eggs is to have as many as are required broken in cups or saucers, and heat over the fire a frying-pan two-thirds full of fat until it smokes. Put the eggs into the smoking hot fat and fry for two minutes, putting in at once only as many eggs as will float; as soon as they are fried take out of fat with skimmer and lay on slices of broiled ham or bacon cooked while the eggs are being fried. Serve the dish very hot.



Fried Egg Pan.

Holland Eggs.—Cook seven eggs hard and cut in long slices; wash and clean a large herring, cut in small pieces; take the roe from a carp or other fish and fry in butter; butter a baking dish, put in the boiled eggs and pour over them five tablespoons cream; on each egg put a piece of herring and some of the roe, and thus fill up the dish with alternate layers; mix some chopped parsley with a little more cream and pour all over the eggs, and bake.

Italian Eggs.—Beat six eggs, add two ounces grated Gruyere cheese, and about half tablespoon butter. Put all together on the fire until quite thick, take off and season to taste. A favorite dish in Switzerland.

Nugget Eggs.—Break the shells of a dozen eggs, separate yolks from whites and keep each yolk by itself; beat whites to a froth and add a little salt, pepper and thick cream; pour this into a well buttered deep dish and arrange the yolks upon the top; put the dish into a gentle oven and when set serve them hot. The whites of the eggs should have been beaten for at least a quarter of an hour.

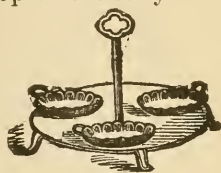
Onion Eggs.—Boil twelve eggs hard and slice ten, whites and yolks together; fry six sliced onions in butter, drain, lay on a dish, and put the sliced eggs over them; cover and keep hot while this sauce is made: Grate yolks of the two remaining eggs and mix with little cream, grated nutmeg and pepper, boil up once and pour over eggs and onions. Serve very hot. A nice dish for those who like onions.

Pickled Eggs.—Pint strong vinegar, half pint cold water, teaspoon each cinnamon, allspice and mace; boil eggs till very hard, and take off the shell; put spices, tied in a white muslin bag, in cold water, boil, and if water wastes away add enough so as to leave a half pint when done; add vinegar, and pour over eggs, put in as many eggs as mixture will cover, and when they are used, the same will do for another lot. If liked, ginger and cloves may be used instead of the cinnamon and mace, and some add mustard. Or after boiling (hard) and removing shell, place in jar of beet pickles and the white will become red; cut in two in serving. Or, for sixteen eggs, take one quart vinegar, one-half ounce each black pepper, Jamaica pepper and ginger; boil eggs twelve minutes, dip in cold water and take off shell; put vinegar with pepper and ginger into a saucepan and simmer ten minutes; place eggs in a jar, pour over the seasoned vinegar boiling hot, and when cold cover closely to exclude the air; ready for use in a month.

Plovers' Eggs.—Boil from ten to fifteen minutes, and they are good either hot or cold. Serve in napkin. Esteemed a great delicacy.

Poached Eggs.—Break the eggs into the egg poacher or drop one at a time in salted water, to which a small lump of butter may be added, or a little lemon juice, or vinegar, using a teaspoon to a pint water; some say drop in when simmering, others when boiling, not letting it boil again after putting in the eggs; others have water boiling, salt, then place it where it will stop boiling, drop in eggs, and let simmer gently till done. It is even said they will be more tender if put on in cold water and left until the water comes to a boil. Always take great care in keeping the yolk whole. Use an egg poacher if possible. Break the egg carefully into the little cups and place them on the stand. Dip the stand into well-salted water, which has been brought to simmering point. When done each cup in shape of a shell is taken off the stand and carefully tipped over a piece of buttered toast, leaving the egg in the pretty form of the cup. If one has not a poacher, muffin rings may be placed in the water, or the cup in which the egg is broken may be turned over it, after it is dropped in the water; and some cook the eggs in cups set in

the hot water; others stir with a spoon and drop in the eddy thus made, stirring till egg is cooked. The yolk should only be just so much done as to fix itself firmly in the center of the white; if the yolk is allowed to harden the egg is quite spoiled; if the yolks are liked whitened or filmed over, cover the pan in which the eggs



Egg Poacher.

are poached, or dip the hot water on them with a spoon, as the fat is dipped over fried eggs. Take up with a perforated skimmer, when not cooked in egg poacher or cups. To serve them, toast squares of bread three-quarters of an inch thick, moisten with a little water, put a very little melted butter upon each slice, place on a heated platter, lay an egg on each square, sprinkle with pepper and salt, and if liked, a few drops vinegar or essence of anchovy. Or drain nicely and serve in individual dishes alone or over broiled ham or boiled spinach. Some put a bit of butter on each egg. Serve with Worcester sauce if desired; or pour hot cream over them, seasoned with butter, pepper and salt. Some poach eggs in milk, serving them in sauce dishes with some of the milk, and seasoning with pepper and salt. For *Egg Vol Au Vents*, fry rounds of bread from which an inner round has been cut, but not quite through, trim the poached eggs to fit the cavities thus made, and pour over them a cup of hot gravy or chicken broth. A very handsome dish is made by trimming and serving poached eggs around slices of fried beets, squeezing a little lemon juice over. For *Poached Eggs with Mushrooms*, mince some cold chicken and stir over the fire with a beaten egg and pepper and salt, place this first in the rounds of bread, and on top of this the poached eggs, carefully trimmed, then pour over them some sliced mushrooms that have been cooked in highly seasoned veal or poultry gravy. *Spanish Eggs* are poached eggs served on boiled rice, flavored with cinnamon, and seasoned with a little butter and salt.

Ringed Eggs.—Roughly chop yolks of half-dozen hard-boiled eggs; cut whites into rings; put yolks into middle of dish, with whites round them; lightly sift some bread-crumbs over, sprinkle essence of anchovy upon the top and add a dessert-spoon salad oil and a little red pepper, place in an oven for five minutes and serve.

Scalloped Eggs.—Moisten bread-crumbs with milk or meat broth and season with salt and pepper; place a layer of this in a well-buttered dish; slice some hard-boiled eggs, and dip each slice in a thick drawn-butter sauce to which a well-beaten egg has been added; put a layer of them upon the crumbs, then a slight layer of minced ham, veal or chicken, then bread, etc., finishing with dry, sifted bread-crumbs;

bake until well heated; or, put upon the layer of bread-crumbs a layer of minced ham, seasoned with onion and parsley; set in oven, closely covered, until smoking hot. Have four eggs stiffly beaten, season with pepper and salt, add two tablespoons cream or one of melted butter, and pour this evenly upon the layer of ham. Put the dish back into the oven uncovered and bake until the egg is set.

Individual Scallops are made of lightly minced hard-boiled eggs, whites and yolks together, or yolks only. Butter scallop shells, or little tins made to resemble them in shape, strew in a portion of the egg, then sprinkle some seasoned grated toast over the egg, and so on alternately until shells are filled; sprinkle a little Chili vinegar on top, lay a piece of butter upon each, and place them in oven until sufficiently done. Grated Parmesan cheese, essence of shrimps or anchovies, chetney sauce, catsup, or truffles, may be added to give them the flavor liked.



Scallop.

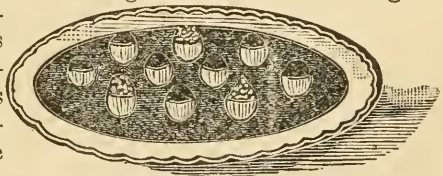
Scrambled Eggs.—Warm sweet milk in a deep earthen pie plate, allowing two tablespoons to each egg (or less, with a large number of eggs), add a bit of butter size of walnut, or omit the butter and use cream in above proportion or only half as much, and a little salt and pepper. When nearly to boiling point drop in the eggs, broken one at a time in a saucer; with a spoon or thin-bladed knife gently cut the eggs, and scrape the mixture up from the bottom of the plate as it cooks. If it begins to cook dry and fast at the bottom, move the dish back instantly, shifting it over the heat as needed, or even raising it, if cooking too fast, for success depends wholly on cooking gently and evenly, proportions being of secondary importance. Take from stove before it has quite all thickened, and continue turning it up from bottom of dish a moment longer. If served in another dish (it keeps warmer served in same) have it well heated. The mixture should be in large flakes of mingled white and yellow, and as delicate as baked custard. Or for plain scrambled eggs omit the milk; some beat eggs before scrambling, just enough to mix whites and yolks, and minced ham is sometimes added. Scrambled upon a plate that has been heated very, *very* hot and rubbed with a bit of butter, they are relished by those who like eggs but little cooked. Serve scrambled eggs hot over slices of moist buttered toast, or fried bread spread with anchovy paste, if liked, and the dish is called *Mumbled Eggs*. Or beat up the eggs with pepper, salt and a little chopped thyme; rub the sauce-pan or baking dish with onions before putting in the eggs, cook as above and send to table as *Savory Eggs*. A great variety of dishes may be made by adding to the beaten eggs (with two tablespoons milk to each egg if liked), any of the following: For savory dishes—chopped tongue, oysters, shrimps or prawns, preserved sardines, dried salmon, anchovies, herbs, truffles, pickles, potted meats, sausages, shred lemon-peel,

onions, artichokes, shallots, asparagus tops, green peas, beets, mushrooms, cheese, bacon, lobster spawn, dried beef cut fine, cold meat, rice, croutons, cold macaroni, or any cold vegetables; for sweet mixed eggs the following may be employed: blanched almonds, angelica, blanched chestnuts, conserves of any kind, stoned raisins, candied orange, citron, or lemon peel, blackberries and other fresh fruits, etc.

Shirred Eggs.—Place small earthen dishes, each large enough to hold an egg, in a dripping-pan with a little hot water; put in each a bit of butter and a raw egg, taking care not to break the yolk, dust a little salt and pepper over them, set in hot oven and just harden the whites; serve one dish to each person, sending to table set upon pretty plates. If liked each egg may be sprinkled with bread-crumbs and browned with hot salamander before sending to table. Two eggs are often served in each dish, and a nice flavor is given by sprinkling a little finely chopped ham and parsley in the dishes before putting in the eggs. Any small saucers will do for this purpose, though the little scalloped shells are much prettier. Some prefer to beat the eggs before baking.

Shredded Eggs.—Boil six eggs hard and cut the whites in thin strips or shreds; make a pint of white sauce, and toast six slices of bread; put a layer of sauce on each, then part of the white shreds, and rub part of the yolks through a sieve over all; repeat this and finish with a third layer of sauce. Place in the oven about three minutes; garnish with parsley, and serve. It is said that when hard-boiled eggs are wanted for this or any other purpose, boiling them an hour or more renders them as easily digested as soft-boiled eggs.

Stuffed Eggs.—Boil one dozen fresh eggs until well done, pour off hot water and cover with cold; then peel and cut the eggs in halves, either lengthwise or crosswise, take out the yolks and mash them with a piece of butter size of an egg, one cup finely minced boiled ham, and a dressing of one teaspoon each black pepper and salt, a dessert-spoon each mustard and celery seed, tablespoon sugar, and three tablespoons vinegar. Mix all well together and fill the halved whites with the mixture, press them together and serve on a glass dish garnished with fresh tender lettuce, or serve in halves with the false yolks well rounded up. If wanted for picnics wrap in tissue paper to preserve their form. Spread the mixture left over between thin slices of buttered bread, and very nice *Salad Sandwiches* result; or put the dressing left over on a plate, place the halved eggs on it ends downward and set in the oven to brown before serving.



Stuffed Eggs.

Another nice dish is *Creamed Eggs*, made as follows: Prepare eggs as above and mash the yolks well with a little butter, onion juice and salt, fill the halved whites with this, rounding up, and place in a baking dish; make a rich cream gravy of milk, cream and butter, seasoned with white pepper, salt and a small pinch sugar, and pour into the dish, leaving a narrow rim of the whites and the yolks of eggs showing above; sprinkle grated cheese on the gravy, and put in the oven to brown. Serve in baking dish. Delicious.

Eggs a la Maitre d'Hotel.—Cut five hard-boiled eggs in quarters, lengthwise, and place in dish; pour over them a hot gravy made of cream and milk with a little butter, a seasoning of white pepper and salt, a small pinch sugar, and a thickening of flour. Serve hot. A tablespoon chopped parsley and juice of half a lemon may be added to gravy if liked. Very nice.

Egg Balls.—Pound the yolks of eight hard-boiled eggs in a mortar and moisten with beaten yolks of three raw eggs, little salt, pepper, powdered mace or nutmeg. Make into round balls, and put through soup about two minutes before serving, or poach them and serve on buttered toast or with any sauce preferred. Some add a little flour to the paste before making into balls.

Egg Charlotte.—Cut thin slices of stale bread divested of crust, dip into warmed butter, and line a small mold; take enough hard-boiled yolks of eggs for the mold; chop and add to them half their quantity of bread-crumbs soaked in cream, season with pepper, add a couple of shred shallots and place these ingredients in the mold; beat up a raw egg with a tablespoon cream and add; lay upon the top some thin slices of bread dipped into liquid butter and put it into a tolerably hot oven to get nicely browned; turn it out into a dish to serve. For a *Sweet Charlotte*, sugar, orange-flower or rose-water, and a few blanched almonds, some shred lemon-peel, etc., should be employed instead of the shallot and savory seasoning.

Egg Fritters.—Cut hard-boiled eggs in two, remove yolks, and mix with them chopped cold chicken, lamb, veal or sardines, a little minced onion or parsley and a few soaked bread-crumbs; season, and moisten with gravy or the uncooked yolk of an egg or cream, fill in the cavities level, put the two halves together, roll in beaten egg and bread-crumbs, put in wire egg-basket, and dip in boiling lard; when slightly brown, serve with celery, tomato sauce, or make a sauce from lemon juice, sardines, parsley, and sliced onion, stewed in vegetable broth, and a good spoonful cream; let all cook together and when well reduced pour over the dished eggs and serve hot; or for six eggs make a stuffing of the yolks, two teaspoons butter, one of cream, two or three drops onion juice and salt and pepper to taste. Fill eggs and fry as above.

Egg Terrace.—Boil new-laid eggs ten minutes, shell, cut in two, and take a small slice off the ends, so they will stand. Take out



Egg Terrace.

yolks and beat in a mortar, after having passed them through a hair sieve, together with an equal quantity of butter, a little salt, pepper, nutmeg, two raw eggs, and a large tablespoon chopped parsley. Mix very thoroughly, and put in a dish. Fill the eggs with this mixture. Make some good highly flavored forcemeat (see Meats), and smooth a layer of it on a plate, place the filled eggs round it, put a second layer of the forcemeat in the centre, and arrange the other eggs upon it; baste gently with butter, and set for a few minutes in the oven to heat through and color the eggs. Instead of forcemeat, the stuffing may be used for the layers. Serve with tomato sauce. This dish may be served as an entree, or for breakfast, luncheon or supper.

Eggs with Cheese.—Cut hard-boiled eggs into slices; lay them in a buttered dish that has been sprinkled over with bread-crumbs; upon each piece of egg lay a slice of Gruyere cheese corresponding in size; place a good bit of butter upon each; pepper well, sift a few bread-crumbs over, and put in oven for about five minutes. Serve hot.

Eggs with Mushrooms.—Slice, fry, and drain twelve button mushrooms and two onions; boil six eggs hard, and slice them, whites and yolks separately, add a tablespoon butter and seasoning of pepper and salt, and simmer the whole in a half pint good gravy. Put in the sliced yolks last, and let them remain a minute only. Serve very hot, and garnish with thin rings of some of the white of the eggs. Or cut two mushrooms into dice and fry for one minute in a tablespoon butter; beat six eggs, a little salt, pepper and a half cup milk or cream together and put in sauce-pan; add the mushrooms and three tablespoons butter and stir until it begins to thicken; take from fire and beat rapidly until quite thick and creamy. Pour over slices of hot toast, garnish with points of toast and serve immediately.

Eggs with Peas.—Put a pint of fresh, tender green peas into a covered vegetable dish; add four tablespoons each olive oil and water, season with pepper, salt and nutmeg, cover closely and place the dish over boiling water until the peas are done; then make indentations on their surface with a spoon and into each of these break an egg; beat an egg and pour upon the top; and when well set, serve it in the dish in which it was dressed. Or boil in salt water, half pint tender green peas; drain, and when cold, mix with the yolks of eight eggs, and whites of four, strained and seasoned. Heat some butter in a frying-pan and put in eggs and peas. Keep

stirring with a spoon till eggs are set; turn into a dish, and serve with mint sauce. Any cold peas can be used.

Eggs with Syrup.—Make a syrup with a little more than a half pint water and two tablespoons sugar, boiling with it some thickly-sliced lemon peel; strain through a sieve and when cold add to it yolks of eight eggs and whites of two; mix well and flavor with orange flower water; pour into deep dish and either put it in oven or place over boiling water until firm.

Eggs with Tomatoes.—Peel a dozen tomatoes, medium size, cut up in a saucepan with a little butter, pepper and salt; when sufficiently boiled, beat five or six eggs, and just before serving turn them into the sauce-pan with the tomatoes, and stir one way for two minutes, or until they are well done.

Eggs with Vinegar.—Heat some butter in a frying-pan until of a good dark-brown color; break six or eight eggs into a dish; season any flavor desired, and slide gently into frying-pan. When done, turn carefully into a dish; put a good tablespoon strong vinegar into the frying-pan, bring it quickly to a boil, pour upon the eggs, and serve hot as possible.

Hen's Nest.—Boil six or eight eggs hard and cut whites from yolks in long thin strips, or shavings, set aside to warm in very gentle oven, buttering them now and then while preparing the rest.



Hen's Nest.

Pound a cup minced meat or fish very fine in a mortar, mixing in gradually the yolks of eggs, a teaspoon parsley and pepper and salt to taste.

When all are reduced to a smooth paste, mold with the hands into small, egg-shaped balls. Place in the center of a dish, arrange the shred eggs around them, in imitation of a nest, and send to table with small rounds of fried bread. A cup hot drawn butter sauce poured round the nest is an appetizing addition.

Ox-Eyes.—Take slices, an inch thick, from good light bread or roll, and cut into circles with a paste-cutter three inches in diameter; with a smaller cutter one and one-half inches in diameter cut out the middle of each circle or cake, leaving the ring intact. Fry the rings in butter, a bright yellow color; butter a dish well, lay the rings in, and pour over them enough sour cream to moisten well, and put, very carefully, a raw egg into each ring. Dredge with a little salt, and put a very little sweet cream on top of each egg. Set in oven, and if pretty hot cover lightly with paper. When set, the yolks being soft, they are ready to serve. Send to table garnished with parsley or water-cresses.

Temperance Egg-Nog.—Beat well the yolks of two fresh eggs, add two tablespoons each powdered loaf sugar, and orange flower

water. Stir quickly, and add a cup boiling water. Drink as hot as possible.

Bread Omelet.—Boil one cup milk or cream and pour over one cup bread crumbs and let stand a few minutes, pressing through a sieve if wished. Beat lightly the yolks of six eggs in a bowl, add milk and bread, season with salt and pepper, add well-frothed whites and pour into hot pan prepared with a tablespoon butter; finish as in Plain Omelette. Some add a little grated nutmeg and also cut in squares, turn, fry to a delicate brown, and serve. Or add one tablespoon flour, one onion chopped fine, half pint chopped parsley, pepper and salt; finish as above and serve as a *French Omelette*; or omit milk and flour and use only half cup bread crumbs and add three tablespoons soft butter and two of grated cold ham and a *Savory Omelette* will result. Less eggs may be used in any of the recipes.

Cheese Omelet.—Boil in pint new milk until dissolved a half pound good rich cheese, sliced thin. Stir in four eggs beaten very light. Toast some bread, butter evenly, putting on a little mustard, keep stirring the omelet and add a little salt; when thickened, which will be in five minutes, if fire is good, pour the omelet over the dished toast and serve very hot.

Corn Omelet.—Beat three eggs lightly, separately if wished extra nice, add third cup milk, three-quarters pint sliced cold boiled corn, three tablespoons butter, season and finish as Plain Omelet.

Cream Omelet.—Beat together yolks of three eggs, one and a half tablespoons corn starch and teaspoon salt. To this add half cup milk and well-frothed whites. Have the omelet pan with a close fitting cover, *hot*, put in tablespoon butter, when it bubbles pour in omelet, cover and place where it will not burn. Cook eight minutes, fold and turn on a hot dish, pour around it a cream sauce and serve at once.

Meat or Fish Omelet.—Take cold meat, ham or tongue, fish, game, or poultry of any kind; remove all skin, sinew, etc., and either cut in small pieces or pound to a paste in a mortar, with seasoning to taste of spices and salt; then fry in a buttered frying-pan till it begins to brown, and pour the beaten eggs upon it, or beat it up with the eggs, or spread it upon them after they have begun to set in the pan. In any case serve hot, with or without a sauce, but garnished with fried parsley, pickles, or sliced lemon. The right proportion is one tablespoonful of chopped meat to four eggs. A little milk, gravy, or water may be added to the eggs while being beaten. Potted meats make admirable omelets in the above manner. For *Mixed Omelet* equal portions of cold chicken or turkey may be

used with ham or tongue, seasoning if liked with a little chopped onion, pepper and sweet herbs. Put in the pan with a ladle and fry in flat cakes.

Milk Omelet.—To lightly beaten yolks of three eggs add three tablespoons milk, or more if wished, and stir in lightly the well beaten whites; cook as in first recipe, or bake in oven as described in general directions and serve as a *Baked Omelet*, adding salt just before placing on dish.

Mushroom Omelet.—Lightly fry some pickled button mushrooms in either fresh butter or oil. When fresh button mushrooms can be obtained, they should be cleaned and dipped into lemon-juice, and afterwards either lightly fried in butter, and the eggs poured over them; or simply, without being fried, laid upon the eggs when poured into the pan; add a little pepper, salt, and lemon-juice, and serve when sufficiently done.

Olive Omelet.—Stone and halve a tablespoon Italian olives; add them to the yolks of seven and the whites of five eggs, beaten up with the juice of an orange. Heat some olive-oil in a frying-pan, pour in the omelet, and directly it is well set, double it up, and serve it upon a napkin folded in a dish.

Orange Omelet.—Three eggs, teaspoon each orange juice and grated rind of orange; beat yolks and whites separately, then mix them carefully together and put in a buttered, heated frying pan. If liked, strew fresh sugar over it and glaze with salamander. Make *Lemon Omelet* same way.

Oyster Omelet.—Cook fifteen oysters rare done in little saucepan separately, with a tablespoon milk, scrap of butter and thickening to make white sauce of the liquor; break the four eggs in a bowl, put in a tablespoon milk and beat with the wire egg whisk; add a pinch of salt. Shake a tablespoon melted lard about in the large omelet frying pan and before it gets very hot pour in the omelet and let it cook rather slowly. When nearly done in the center place the oysters with a spoon in the hollow middle and pull over the further edge to cover them in; slide on to the dish, smooth side up. Garnish with parsley and lemon.

Plain Omelet.—Put the yolks of three or four eggs into a bowl and beat lightly; add one tablespoon butter broken into small pieces; this makes a much lighter omelet and should always be added; now gently stir in the well frothed whites and a little pepper. Have the hot omelet pan prepared with one tablespoon butter and

as soon as it bubbles, stir the omelet once or twice and pour it in; lift it with a large two-pronged fork (a carving fork will do), carefully raising the edges with the fork as fast as they cook, and turn them toward the center until the omelet lies in the middle of the pan in a light mass, cooked soft or hard to suit the taste; the inside must always be creamy. When the omelet is done to the degree desired, add salt, turn upon a hot dish without touching it with either fork or spoon, and serve at once. Another excellent method is to beat three eggs, without separating the whites and yolks, with a little salt and pepper, and put them into a frying pan containing an ounce of butter, browned; let the omelet stand for a moment, and then turn the edges up gently with a fork, and shake the pan to prevent its burning or sticking at the bottom. Five minutes will fry it a delicate brown, fold over and serve on a very hot dish; never cook an omelet until it is just wanted; the flavor may be very much enhanced by adding minced parsley, minced onions or shallot, or grated cheese, allowing a level tablespoon of former, and half the quantity of latter, to the above proportion of eggs. Shrimps or oysters may also be added; the latter should be scalded in their liquor, and then bearded and cut into small pieces. Be careful not to have omelet greasy, burnt, or too much done, and cook over a gentle fire, that the whole of the substance may be heated without drying up the outside. They are sometimes served with gravy; but *this should never be poured over them*, but served in a tureen, as the liquid causes the omelet to become heavy and flat, instead of light and soft. In making the gravy, the flavor should be delicate, and arrowroot or rice flour should be used for thickening. For *Cheese Omelet* make a plain omelet as above, and as soon as it begins to thicken sprinkle in three tablespoons grated cheese. A very nice *Chicken Omelet* is made by adding to the plain omelet just before folding a cup of cooked chicken chopped fine and and warmed in cream sauce.



Omelet.

Potato Omelet.—Boil two tablespoons potato flour in three-fourths pint milk for half an hour, with sugar to taste, and flavor if desired. Beat separately the whites and yolks of five eggs, stir through the milk, and bake fifteen minutes in hot oven. Or take two mealy potatoes, mash well with enough cream to pass them through a sieve and add a little white pepper and salt (or sugar, if for a sweet omelet); beat six new-laid eggs, put with the potatoes; butter a frying-pan and heat well; pour in the omelet, and as soon as it sets turn over the ends and serve hot. With a sweet omelet, a little cinnamon or grated lemon peel, ginger or nutmeg, may be employed.

Puff Omelet.—Stir into the yolks of six eggs and whites of three beaten very light, one tablespoon flour mixed with a cup cream

or milk, and salt and pepper to taste; melt a tablespoon butter in a pan, pour in the mixture and set the pan into a hot oven; when it thickens, pour over it the remaining whites of eggs well beaten, return it to the oven and let it bake a delicate brown. Slip off on large plate, and eat as soon as done.

Sweet Omelet.—(Baked). Mix yolks of four eggs with four heaping teaspoons powdered sugar; add teaspoon vanilla and carefully cut into this the well-frothed whites; pour it on a thick metal dish well buttered and bake till brown, about ten minutes. Place dish on a hot platter and serve at once. If liked, dust with sugar just before placing in oven, and the chopped rind of half a lemon may be added. This may be baked in an iron frying-pan and slipped carefully upon the hot platter.

Sweet Omelet.—(Fried). Mix with the beaten yolks of seven eggs two teaspoons powdered loaf-sugar, the grated rind of half a lemon, and a little cream; add the beaten whites, whip up all together and fry quickly so as not to scorch it; when set, turn in the ends, sift pounded loaf sugar upon it, and glaze with a red-hot salamander or shovel; or use sugar with any plain omelet recipe instead of pepper and salt. For a *Fruit Omelet* enclose in the center any kind of jelly, marmalade or jam—currant or grape jelly is best. To make a *Chocolate Omelet*, put over the eggs when slightly firm a tablespoon scraped chocolate mixed to a paste with two eggs; fold as soon as set, sprinkle powdered sugar or cinnamon over and serve.

Vegetable Omelet.—Make a puree by mashing up ready-dressed vegetables together with a little milk, cream or gravy, and some seasoning. The most suitable vegetables are cucumbers, artichokes, onions, sorrel, green peas, tomatoes, lentils, mushrooms, asparagus tops, potatoes, truffles, or turnips. Prepare some eggs by slightly beating and straining them; pour them into a nice hot frying-pan, well-buttered; spread the puree in the center, and when perfectly hot, fold and serve. Or, cold vegetables may be merely chopped small, then fried in a little butter, and some beaten and seasoned eggs poured over.

Water Omelet.—Break eggs in a bowl, stir rather than beat, and to each three eggs add a teaspoon or so cold water, salt and pepper to taste, (or salt after cooking) and a little scalded and chopped parsley. Put tablespoon butter in a hot omelet pan, pour in eggs, cook as above in first recipe and serve. The water makes the omelet light and moist.

FISH.

As a food, fish ranks just below meat on the one hand and above vegetables on the other. It is easier of digestion but less nutritious than meats, if salmon is excepted, which is extremely hearty food, and should be eaten sparingly by children and those whose digestion is not strong. But, though it is not recommended that fish should be the only animal food of which one partakes, its value as a part of the diet is indicated by the larger proportion of phosphorus which it contains, and which renders it especially fitted for the use of those who perform much brain work. There can be no doubt that fish might with advantage enter much more largely into our family diet than it does at present, as it would not only afford a pleasant variety in fare, but would also supply certain elements of blood which are not obtained in sufficient quantity from either meat or vegetables. On the score of economy, too, fish should receive more attention from the housekeeper. The white kinds are least nutritious; and the oily, such as salmon, eels, herrings, etc., most difficult of digestion. Fish must be fresh, the fresher the better—those being most perfect which go straight from their native element into the hands of the cook—and they may be known to be perfectly fresh when the form is rigid and the eyes full and bright. If fish is kept on ice until used it will retain much of its freshness, but if not kept cool it will lose the delicate flavor, which nothing can bring back. The season of the year has a most decided influence upon the quality of fish. In general, fish are in the best condition just before they spawn, but as soon as the spawning is over they are unfit for food, being sometimes positively unwholesome. This circumstance is of

such importance that it has been made a subject of legislative action, regulating the times during which only certain fish may be caught. When fish are in season, the muscles are firm and they boil white and curdy; when transparent and bluish, though sufficiently boiled, it is a sign that they are not in season or not fresh. For further hints on selecting fish see Marketing.

Salmon, mackerel, herring and trout, and all fresh water fish, soon spoil and should be prepared for table as soon as possible after they are caught. Clean them on a dry table, not in a pan of water, using as little water as is compatible with cleanliness. Remove all scales (if hard to scrape off these may be loosened by plunging the fish into boiling water, but it must be taken out instantly or it will break the skin and spoil the fish), and scrape out entrails, every particle of blood, and the white skin that lies along the backbone, being careful not to crush the fish more than is absolutely necessary in cleaning. When a large fish for boiling or baking is not to be stuffed, do not split open but draw it at the gills. Rinse thoroughly in cold water, using only what is necessary for perfect cleanliness, drain, wipe dry, and place on ice until ready to cook. If to be cut up before cooking wash while whole, else much of the flavor will be lost. It is a common error to wash fish too much, as by doing so the flavor is also injured. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Fresh cod-fish, whiting and haddock are none the worse for being a little salted and kept a day, but even better; and if the weather is not very hot, they will be good for two days. To remove the earthy taste from fresh-water fish, sprinkle with salt, and let stand overnight, or at least a few hours, before cooking; rinse off, wipe dry, and to completely absorb all the moisture, place in a folded napkin a short time. Fresh-water fish should never be soaked in water except when frozen, when they may be placed in ice-cold water to thaw, and then cooked immediately. Salt fish may be soaked overnight in cold water, changing water once or twice if very salt. To freshen fish, always place it skin-side up, so that the salt may have free course to the bottom of pan, where it naturally settles. When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the surplus should be potted, or pickled, or salted and hung up; or it may be fried, that it may serve for stewing the next day. All cold fish left from any mode of

cooking may be used in making salads, croquettes, etc. If a portion of a salmon is not used, parboil and set it aside in the liquor, boiling up when wanted. It is said that fish may be preserved by sprinkling with sugar, which does not harm its flavor, and that salmon thus treated has a more agreeable taste. Those who live remote from the sea and cannot get fish hard and fresh should wet it with a beaten egg before mealing or breading to prevent its breaking. All fish which have been packed in ice should be cooked immediately after removal, as they soon grow soft and lose their flavor.

To bone and skin a fish, cut down the middle till bone is reached, then cut the fillet or strip out from the side, avoiding the bone; lay fillet on board, remove from skin by turning the blade of knife between the flesh and skin and keeping it perfectly parallel with the board and thus cutting and separating the skin and flesh. To simply bone a fish, remove back bone by running a thin sharp knife along under it, and with a smaller knife loosen and take out the long bones one at a time.



Boning Knife.

Fish should always be well cooked, being both unpalatable and unwholesome when underdone, and the mode of cooking considerably affects their properties as food. Plain boiling, baking, broiling and roasting appear to be the favorite methods. Nearly all the larger fresh fish are boiled, the medium-sized are baked or broiled and the small are fried. For boiling, a fish weighing from four to seven pounds, should be chosen; for baking, from four to nine pounds, though the best size is six or seven; if wanted for broiling select those weighing about three pounds and a half and split in two; for frying, a pound to a pound and a half weight is best. The very large ones are cut up and sold in pieces of convenient size. The method of cooking which retains most nourishment is broiling, baking is next best, and boiling poorest of all. Steaming is better than boiling. In baking or boiling place a fish as nearly as possible in the same position it occupies in the water. To retain it there, shape like the letter "S," pass a long skewer through the head, body, and tail, or tie a cord around tail, pass it through body, and tie around the head. Or it may be formed in circle with tail in its mouth. Lake Superior trout and white-fish are the best for baking, and white-fish is also nice for broiling. The gudgeon is a cheap fish, rather bony, and is generally fried. The blue-fish is excellent boiled or baked with a stuffing of bread, butter and onions. Green

or sea-bass are boiled with egg sauce, and garnished with parsley. Salmon are baked or boiled, and smelts are cooked by dropping into boiling fat. The sheep's-head, which requires most cooking of all fish, is always stuffed and baked. The cod is undoubtedly the best fish for all purposes that comes to eastern markets, and are packed in ice and sent over the country, but because so plentiful and cheap and always to be had are not so much appreciated as other fish not so easily obtained. While all delicate fish lose flavor soon after they are caught, the cod not only retains but improves in flavor if kept a day or two, with the addition of a little salt to give it firmness. The "shoulder" is most highly esteemed. As food for invalids, white-fish, such as the ling, cod, haddock, coal fish and whiting, are the best, while flat fish, as soles, skate, turbot and flounder, are also good. In garnishing fish great nicety is required. The principal garnishes used are slices or quarters of lemon, fried or raw parsley, fresh fennel, pickles, scraped horse-radish, small pieces of toast, the liver of the fish, lobster coral, tomatoes quartered, sliced cucumber, sliced orange, fried oysters, fried gudgeons or smelts, etc. The latter when served as a garnish for a large fish should be fried in the shape of rings. This is easily done by putting tail of fish in its mouth, and holding it with a wooden tooth-pick. After it is fried, the pin is withdrawn, as the fried fish will hold its shape. Place these rings around the fish, with an additional garnish of parsley and lemon slices; or the rings may be served alone in a circle around the side of a platter, with a tomato or a tartare sauce in the center. If *Fried Parsley* be used it must be washed, and picked and thrown into fresh water; then when the lard or dripping boils throw in the parsley right from the water and instantly it will be green and crisp and must be taken up at once. Fish with very good sauce is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe is appended the proper mode of serving and garnishing. One of the most essential things in serving fish is to have everything hot, and quickly dished, so that all may go to the table at once. Serve fresh fish with squash and green peas, salt fish with beets and carrots, salt pork and potatoes and parsnips with either. If a fish is to be served whole do not cut off the head and tail. It also presents a better appearance to stand the fish on its belly rather

than lay it on its side. Always serve fish, if possible, with its appropriate sauce, which is an almost marvelous improvement to some kinds, reminding one of the old gentleman who used to remark that "the egg sauce was the best of the fish."

Eels must be dressed as soon as possible, or they lose their sweetness; cut off the head, skin them, cut them open, and scrape them free from every string, rubbing them with salt, or dipping into hot water to remove the slime adhering to them. They are good except in the hottest summer months, the fat ones being best.

In cooking fish, care must be taken not to use the same knives or spoons in the preparation of it and other food, or the latter will be tainted with the fishy flavor, and it is well to have special utensils for preparing and cooking fish, and used only for that purpose.

The amateur cook should not be affrighted at the number, names and length of recipes given under this (or any other) head, but undertake any of them without fear of failure. The mode of preparing is in most cases really simple, and the directions so plain that success is sure. Instead of serving fish boiled or fried in the same old way, try some of the newer and more attractive and appetizing methods under baking, frying, boiling, etc., as *court au bouillon*, which is merely boiling the fish in a vegetable broth flavored with certain herbs and spices. The collared, curried and potted fish will be found very delicious changes, and are easily prepared. Some additions may be needed to the stock of spices and herbs before beginning, but once used they will be considered as indispensable as pepper and salt and be thereafter kept on hand with as little trouble, and at very small expense. The French owe their fame as cooks largely to their skill in combining ingredients, flavors and seasonings, and their artistic methods of serving, producing from bits of cold fish, meat, or vegetables and stale crusts, with the addition of condiments, dishes both handsome and delicious. Go thou and do likewise.

In buying fish there is opportunity for the exercise of great care and judgment, even more than in buying meats, as freshness is essential to delicacy in fish. The sooner it is cooked after leaving the water the pleasanter the flavor. For particular directions in selecting, consult the chapter on marketing.

The fish to be had in the markets of all the larger cities are enumerated below; the fresh-water during Spring and Fall, and salt-water through the Winter also.

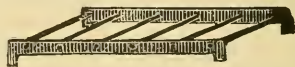
FRESH-WATER FISH.

Black Bass,
Croppies,
Herring,
Ring Perch,
Pickerel,
Blue Pike,
Wall-eyed Pike,
Brook Trout,
Lake or Mackinaw Trout,
Siskiwit,
Sturgeon,
White Fish.

SALT-WATER FISH.

Sea or Green Bass,
Blue-Fish,
Cod,
Flounders,
Haddock,
Halibut,
Salt-water Herring,
Mackerel,
Spanish Mackerel,
Pompano,
Kennebec Salmon,
California or Oregon Salmon,
Sheeps-head,
Red Snappers,
Smelts.

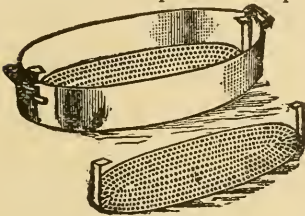
Baked Fish.—After the fish has been properly cleaned and rinsed, wipe dry with a cloth and rub well inside with salt and pepper. When large enough, stuff the fish with a bread stuffing, or a delicate forcemeat, and insert skewers, sew or wind with a cord to keep it in form, and dredge well with salt and pepper and flour. The fish should be placed on a trivet, a perforated tin sheet, or a large tin plate, or if nothing better is at hand, a tin pot cover and this set into the baking pan. This keeps it off the bottom of the pan, thus preventing its burning, and the fish can be much more easily dished in perfect form. Plenty of butter, olive oil, or American cooking oil should be used to prevent its becoming dry, and the fish should be frequently basted while baking. Or score or cut gashes across the fish, half an inch deep and two inches long, cut strips of pork to fit and put them in the gashes, dredge as above, cover the bottom of the pan with hot water and place in a moderate oven, baking slowly first hour, then increase to a very hot oven. Baste every fifteen minutes from the drippings in the pan, and after basting dredge each time with a little salt, pepper, and flour. The water in the pan must be often renewed, as the bottom must only be just covered each time. A good-sized stuffed fish should bake an hour and a half to two hours (some bake fifteen minutes for each pound), and when done will be nicely browned if above directions are followed. Take up on a hot platter, remove the strings, garnish and serve with a gravy made from the drippings in the pan, or any sauce preferred. Some like fish baked



Trivet.

in the marinade given in Boiled Fish; or put into the baking pan before preparing the fish two tablespoons butter, a carrot, turnip, potato, and onion, cut in slices, two blades mace, teaspoon white pepper, tablespoon celery seed, six cloves and a cup vinegar; set in the oven until the fish is ready to bake when use it for basting, adding hot water as needed, serving it (strained) with the fish as a sauce, with the addition of a little flour to thicken. Almost any fish may be baked, though those most commonly cooked in this way are Lake Superior trout, blue-fish, black-fish, pike, rock-fish, bass, white-fish, shad and mackerel. Any of the larger kinds of fish may be baked in slices. Fish too small to be stuffed should be dipped in beaten egg and sprinkled with bread-crumbs before baking. Should the oven become too hot put a piece of buttered writing paper over the fish to prevent its becoming scorched. Mackerel is sometimes baked entirely enveloped in greased writing paper, and is then served in the paper. When herrings are liked to look red some add a little cochineal and saltpetre to the drippings.

Boiled Fish.—For boiling, a fish-kettle is almost indispensable, as it is very difficult to remove a large fish without breaking from an ordinary kettle. The fish-kettle is an oblong covered boiler, in which is suspended a perforated tin plate, with a handle at each end, on which the fish rests while boiling, and with which it is lifted out when done and placed over a kettle to drain a moment or two. From this tin it is easily slipped off to the platter on which it goes to the table. When no fish-kettle is at hand, wrap and pin in a cloth (some flour it), lay in a circle on a steamer tin, a sieve or plate, and set in a kettle. When



Fish-Kettle.

done the fish may be lifted out gently by the cloth and thus removed to the platter. Some simply spread a napkin on the plate under the fish, leaving the four corners outside the kettle, with which to lift it out; or a towel or napkin may be put under the plate, the ends brought together and tied over the fish, and when done it may be lifted from the kettle, plate and all, by putting a fork under the knot, and so prevent all possibility of the fish breaking from its own weight, as it might when lifted from the plate in a cloth, unless done very carefully. All large fish (except salmon, which is put on in hot water to preserve its color) should be put on in cold water, but small ones in boiling water, for the reason that fish cooks so quickly that almost as soon as it touches the boiling water it is done, and if a large one were put on in boiling water the outside would be done and the inside raw. Large fish must be cooked *very* gently or the outside will break before the inner part is done, thus creating a waste and spoiling the handsome and appetizing appear-

ance of the fish ; if necessary to add a little water while the fish is cooking, it should be poured in carefully at the side of the vessel ; but the less water used the better. Fish should *never* be allowed to boil hard, but the water should be brought to the boiling point as quickly as possible, when all scum must be taken off, and the fish kept simmering until done. Simmering is a gentle bubbling of the water. Should it begin to boil rapidly, draw it to back of range, or throw in a little cold water. In boiling fish, allow five to ten minutes to the pound, according to thickness, after putting into the water, and some will be done when the boiling point is reached. To test, pass a knife along a bone, and if done the fish will separate easily. Remove the moment it is done, or it will become "woolly" and insipid. Salmon and all dark-fleshed fish require longer boiling than the white-fleshed kinds. A whole mackerel needs about a quarter of an hour to do it properly ; herrings, and many other sorts of fish, scarcely half so long. The addition of salt and vinegar to water in which fish is boiled, seasons the fish, and at the same time hardens the water, so that it extracts less of the nutritious part of the fish. Some rub vinegar or lemon juice on the outside of the fish before putting it in the water. When only salt is added to the water in which fish is boiled it is, in French parlance, *a l'eau de sel* ; when sea-water is used the fish is said to be dressed *a l'Hollandaise* ; when the water is flavored with vinegar, spices and onions, the fish is served *au court bouillon*, and simmered in a small quantity of water with a seasoning of savory herbs, it is *a la bonne eau*.

A good recipe for *Court Bouillon*, is the following : Four quarts water, one onion, one slice carrot, two cloves, two tablespoons salt, one of vinegar, one teaspoon pepper, juice of half a lemon and a bunch sweet herbs. Tie the onion, carrot, cloves and herbs in a piece of muslin and put in the water with the other ingredients. Cover and boil slowly an hour, then put in the fish and boil as directed. This is also called *Marinade*, and a more highly flavored preparation is made thus : Cut fine two carrots, three onions, half a dozen shallots, a clove of garlic, and put them into a stewpan with a piece of butter, a bunch of parsley, a little celery, and a bunch of sweet herbs ; fry the whole for a few minutes, then add, very gradually, two quarts water, pint vinegar, one or two tablespoons salt, two dozen peppercorns, same of allspice, and two cloves. Simmer the whole together one and a half hours, strain the liquor, and put it by for use, when fish is to be boiled ; if carefully strained after the fish has been taken out it may be used several times, adding a little water each time. Fish dressed in it should simmer very gently, or rather stew than boil, as it affords to mackerel, fresh herrings, perch, roach, and any of the small river fish, the advantage of dissolving, or so thoroughly softening their bones as to render them more agreeable in eating. Large fish should be cut into steaks before being marinated. Instead of the vinegar a cup each of essence of an-

chovies, and catsup may be used; or fennel, chives, thyme, and bay leaves, may be added. Or, choose a kettle that will suit the size of the fish, into which put the above proportions of water and vinegar with a piece of butter, some fried onions and carrots, pepper, salt, two or three cloves, and a bunch of sweet herbs (first frying all in a little butter), using less of each than given above if not liked so highly flavored; simmer fifteen minutes, skim or strain, let it become cold, then put in the fish, first rubbing it with lemon juice and salt, and let it simmer until done. Serve with anchovy sauce and juice of lemon, or on a napkin surrounded with parsley, with a caper or pickle sauce, or any kind of fish sauce, in a sauce-boat. The fresh-water fish, or those which have no decided flavor, are much better marinaded or boiled *au court bouillon*. The sea-fish, or such as have a pronounced flavor, can be boiled in simple salted and acidulated water, and another plain stock for fish is to two quarts cold water put half a cup of vinegar, tablespoon salt, a teaspoon each whole cloves and whole peppers, a bay leaf and half a lemon sliced if wished. Fish of the shape of herrings should, for boiling, be curled round with their tails skewered in their mouths; small fish, such as smelts, etc., should be run five or six on a skewer through their eyes. Many prefer to serve boiled fish upon a napkin, rather than with a sauce poured over it; and a plain white sauce is thought to be better with boiled salmon than anything less simple, serving cucumbers or melon in slices apart; silver eels may have a sauce over them, and salt cod, boiled, is often served masked with mashed parsnips or potatoes. With bass, blue-fish and carp, serve anchovy, caper, or tomato sauce. Sturgeon and some other fish are better if just basted and frothed before the fire after being boiled; cod's head and shoulders are much better when thus treated. Pike, boiled, can be first stuffed with forcemeat, but it is best when baked. Fennel should be boiled with mackerel, and gooseberry sauce served with it; grated loaf-sugar is generally offered with mackerel, and mint is also eaten with it. Mustard is served with boiled cod, smelts, herrings, and perch. Drawn butter sauce with lemon juice or eggs is also a favorite accompaniment with all boiled fish.

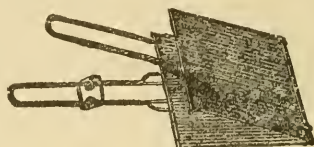
It is quite appropriate to serve a boiled middle cut of salmon or any large fish at a dinner; it is the best cut, easier and cheaper to serve, and one never cares to supply more than is necessary. This cut is better slowly boiled, also, in the acidulated salted water.



Boiled Salmon.

Broiled Fish.—Fish weighing between half a pound and four pounds are nice for broiling, though about three pounds and a half is the best size. The small fish should be fried whole, and the larger ones scored, or split down the back. See that the fish is

properly cleaned, wipe dry with a cloth, and either rub it with vinegar or dredge it with flour, then dip it into olive oil, or egg and bread-crumbs; or roll it well in chopped herbs; though many simply rub it over with butter. Always use a double broiler, if possible, and before putting the fish into it, heat hot, and rub over with butter to prevent the fish sticking. The size or thickness of the fish will have to be the guide in broiling; if the fish is small it will require a clear, hot fire; if large the fire must be moderate, otherwise the outside of the fish will be burned before the inside is cooked. Some brown the fish handsomely over the coals and then put it in the oven to finish cooking; when the fish is very thick, or broiled with a stuffing, as mackerel sometimes is, this is a good plan. But when fish are split they are very easily broiled over the fire. If the fish is taken from the broiler to be put into the oven it should be slipped on to a tin sheet that it may slide easily into the platter when served, or nothing so mars a dish of fish as to have it come to the table broken. In broiling, the inside should be exposed to the fire first, and then the skin. Great care must be taken that the skin does not burn. To turn the fish when broiling on a gridiron, separate carefully with a knife any part of it that sticks to the iron, then, holding a platter over the fish with one hand, turn the gridiron over with the other, leaving the fish on the platter, from which it can be easily turned back to the gridiron to finish cooking. Mackerel will broil in from twelve to twenty minutes, young cod (also called scrod) in from twenty to thirty minutes, blue-fish in from twenty to thirty minutes, salmon in from twelve to twenty minutes, and white-fish, bass, mullet, etc., in about eighteen minutes. As soon as the fish is done, sprinkle with pepper and salt, spread butter all over it with a knife and set in oven a moment that the butter may soak into the fish. Some put over the fish a few drops lemon juice and a little chopped parsley before spreading with butter, and this is especially nice for shad, which is much more delicious broiled than cooked in any other way. Soaking fish in a marinade before broiling is considered a great improvement, and the French soak it in olive oil made savory with spices. When broiling the more delicate kinds of fish the gridiron or broiler may be strewed with sprigs of fresh aromatic herbs, oiling the fish well before putting it to broil, and cooking very slowly. Smoked salmon should be merely heated through. When wanted to broil quickly, fish may be first parboiled, but the skin will doubtless be more or less broken and its appearance thus marred. Broiled fish may be either masked with a sauce—tartare, tomato, curry or any sharp sauce—or served upon a purée of sorrel, tomatoes, or beans, or upon an oil or caper sauce. When possible,



Double Broiler.

garnish with parsley, celery or lettuce. The salmon, trout, perch, pickerel, shad, mackerel, black-fish, blue-fish, haddock, white and flat-fish, are all very excellent broiled, as are also cutlets of any kind of fish, but the Spanish mackerel, from the Gulf, and pompano are especially prized for cooking in this manner. The California salmon is the most highly esteemed of its kind for many uses, and the cutlets are very nice broiled.

Collared Fish.—A side of salmon, a fine mackerel or eel, or a piece of sturgeon large enough for a handsome roll will make a good collar. Split the fish, remove the head, tail and fins and bone carefully, but do not skin it (when an eel is used it must of course be skinned), wipe dry, rub well on both sides with spices, salt and very finely shred herbs, roll as tightly as possible, tie securely with broad tape and put a cloth round it; place it in boiling hot vinegar and water—equal parts of each—seasoned with bruised bay leaves, salt and a bunch of sweet herbs; simmer very slowly until the fish is done. A larger sized collar of sturgeon or salmon requires two hours' simmering to cook it well; eel or mackerel will be done in fifteen or twenty minutes. Take it up, reduce the liquor by boiling, strain, and when cold pour over the fish and set away until wanted. The cloth need not be removed until just before the fish is served. If to be served hot, the fish may be tied only with tape and baked; garnish with sprigs of fresh fennel or grated horseradish. Serve whole or sliced. When boiled, the bones, head, etc., may be tied in a muslin bag and boiled in the liquor with the fish to give it a richer flavor. Minced oysters, anchovies or lobster, mixed with raw yolk of egg, may be spread inside salmon or sturgeon before rolling with the spices. If kept long the liquor of the fish must be drained off and boiled up from time to time, and when cold poured again over the fish.

Crimped Fish.—The fish must be as fresh as possible; cut into nice shaped slices about two inches thick, and put into a saucepan of salted water that has been brought to a boil, checking with a little cold water when the fish is put in; take out the fish in a few minutes, carefully place on a cloth to drain, dredge with flour or wash over with yolk of egg and broil slowly over a clear fire. Serve with anchovy, oyster, or caper sauce in the dish. Salmon, cod, shad, rock-fish, bass and halibut are all excellent crimped.

Curried Fish.—Salmon, cod, eels, flounders and flat-fish generally, may be made into curries, and must first be carefully boned, then fried and a boiling gravy seasoned with curry powder poured over them; when the whole boils remove from fire and add some bits of butter and beaten yolk of egg. A little chopped onion fried in butter is often used in curries, and oysters are always a nice addition. The French method of currying fish is to first make some

butter hot in a pan and add the curry powder; the fish is then put in (either raw or cold), and when done add gravy mixed with the well-beaten yolk of an egg; when this sauce becomes smooth and thick serve all together with a rim of tomatoes. Eels may be cut into lengths and are nicer to first slowly simmer in gravy. Some simmer the curry powder slowly in the gravy two hours on the day before using, to take off the rawness of the turmeric. The curry itself should be made only a short time before it is wanted for the table or the flavor will be impaired, Cucumber and melon are often introduced in this dish, as well as curds, cream, rice, garlic, etc.

Deviled Fish.—Take any kind of small fish, or cutlets of fish (raw, or previously cooked and grown cold), soak them half an hour in either soy, Chili vinegar, catsup, or any stock sauce; drain and broil them, and serve with a horseradish, chutney, piquant, or mustard sauce. The fish may be rolled in curry powder, if preferred.

Dried Fish.—Fish may be simply salted well and dried in the air, afterwards smoking them if liked, or rubbed over with pepper and salt and cured by hanging in a dry place indoors, which is generally thought the better way. Codfish is most frequently plainly salted, without being spiced or smoked. Hake is merely dried by exposure to the air, without having been previously salted. Small fish only require to remain twenty-four hours in a sufficient quantity of salt. Most others should be split open, and the backbone removed; sprinkle with salt, and hang up to drain for a day and a night then rub with a little salt, moist sugar (and pepper or spices, if liked), and at the end of twenty-four hours put them to dry, and afterwards slowly smoke them. A great deal depends upon the pains bestowed upon it to cure fish at home successfully. Beside those above mentioned, mackerel, haddock, herrings, salmon, pike and trout will be found very nice thus cured.

Fricasseed Fish.—The fish to be fricasseed should be first tossed (lightly fried) in oil or dripping until about half done, then slowly stewed in gravy rendered savory with spices, shred onion, a bunch of sweet herbs, etc., flavored with vinegar or lemon juice. When the fish is sufficiently dressed, thicken the sauce with yolk of egg, and serve all together in a dish decorated with sliced lemon or orange. Less flavoring is needed for a fricassee than for a stew on account of the fish having gained greater savoriness through being partially fried. Large fish should always be boned and, if necessary, skinned, then fricasseed in small slices or rolls. Minced anchovies, as well as oysters, are an admirable addition. A fricassee should be sent to the table as hot as possible; when the fish is sufficiently dressed it should be served, instead of allowing it to sodden in the saucepan. Flat-fish, perch, cod-sounds, eels, salmon, cat-fish, and most kinds of river and pond fish are thus fricasseed.

For a *Fricassee of Cod*, wash and cut two pounds of fresh codfish in two-inch squares, removing skin and bones; put over the fire in sufficient cold water to cover it an inch, with one teaspoon salt, and let it slowly approach the boiling point; then take it from the water with a skimmer, lay it on a warm dish, cover it with a towel wet in warm water, and place it where it will keep warm without drying. Strain the water in which the fish was boiled and use one pint of it together with one tablespoon each butter and flour to make a white sauce, first melting together the butter and flour, and then gradually stirring in the water; season the sauce to taste with salt and pepper, put the fish into it and heat until the flakes begin to separate; then remove the saucepan from the fire, stir in the beaten yolk of one egg and a tablespoon vinegar; if parsley is obtainable, add one tablespoon chopped fine; serve as soon as done. Toast or two inch slices of fried bread may accompany the dish. Three tablespoons of salad oil may be added to the sauce, a few drops at a time, with the vinegar, if desired. Halibut and bass are excellent when cooked in this way.

Fried Fish.—The smaller kinds of fish, as brook trout, perch, sun-fish, and smelts, usually called pan-fish, and the small bass and pickerel, are best for frying, either by “tossing” or sauteing in a small quantity of fat or oil in a pan (commonly called frying), or by immersing in hot fat or oil like doughnuts, the latter being generally considered the better method. Hot lard, beef drippings, olive oil, or American cooking oil may all be used for frying fish, though many prefer the oils, chiefly because of the difficulty of procuring pure lard or fat, and as the oil can be clarified and used over and over again it is quite as economical as lard or dripping. The secret of frying to perfection by immersing is to have the lard or oil so deep that it entirely covers the fish and so hot as instantly to form a crust over the entire surface. If the fish is large and further cooking is necessary, the heat must be reduced. Test the fat (as directed in Fritters) before putting in the fish, for if it is not hot enough the fish will absorb it and thus become greasy and unwholesome. The fish-kettle heretofore illustrated may be used for frying fish, or one may be ordered of any tinner. Have an oval pan made of tin and an oval basket or plate fitting into it, made with a heavy wire edge and fine wires running across half an inch apart; or have it made of coarse wire cloth bound with tin, and at each end there must be a long wire loop for a handle. A fish fried in this is very easily taken up; lift the frame from the kettle, let it stand for a moment across the kettle that the lard may drip, loosen from the frame with a knife and slide it off on the hot platter. If a fish-kettle cannot be had a wire basket in which the fish is placed and lowered into the fat is a great convenience. Fish for frying should have the heads cut off, be thoroughly cleaned and wiped perfectly dry, then rub over with

flour, or meal, or a mixture of half each, or dip once or twice into beaten egg and bread-crumbs, or a batter. When browned on one side, turn, and when done drain quite dry, sprinkle with salt and send to table on a napkin folded in a dish nicely garnished, serving a sauce apart. Finely shred herbs may be sprinkled over some kinds of fish, as eels and mackerel, before frying, but flat-fish generally should be done with bread-crumbs and egg and sent to table a clear, golden yellow. Chopped onions are fried and served with fresh herrings. If a sufficient quantity of fat is used a good thick fish will not require more than ten minutes' frying, and smelts and other such small fish are done in five minutes or less. Smelts, gudgeons and oysters are often fried to use as a garnish with other fish. The larger fish may be cut into cutlets or steaks, rolled in beaten egg and cracker or bread-crumbs and fried in this manner. Some dip fish in milk before breading them, then into the crumbs, then into beaten egg and again in the crumbs, while others roll them first in the crumbs, and finish same. Prepare them in this manner for sauteing or frying in a pan, and use a thick-bottomed pan, with lard or oil enough to keep them from scorching or sticking to the bottom of pan. Never use butter as it takes out the sweetness and gives a bad color. If the fish is large remove the backbone and cut crosswise into five or six pieces. Put into the pan skin side uppermost and fry slowly; when brown on one side turn over carefully and brown the other. When done (in about an hour) remove to hot platter and serve at once. The roe and backbone, when previously removed, may be cut up and fried with the other pieces. Salt pork is sometimes put into the pan with the fish, or fried first, and yields sufficient fat for frying the fish, and the slices of pork may be served as a garnish for the fish. Fish is perhaps more often fried or sauted thus in a pan than by immersing in hot fat, but the latter is much the nicer method, as the fish is cooked more evenly and its shape is better preserved, though some think them more savory when sauted. Eels for frying should be skewered to form a circle. Large fish may be first slightly fried and afterwards stewed in a gravy or marinade. All the best known varieties of fish are excellent fried. Serve with tomato or any highly flavored sauce or slices of lemon.

Pickled Fish.—Fish of a rich oily nature is principally used for pickling, as the dry-fleshed kinds do not answer so well. Smelts, well rubbed with salt and powdered spice, may be packed in a jar, and boiling hot vinegar poured over them. The ordinary method practised in pickling salmon, shad, herrings, mackerel, etc., is to boil them nicely in a small quantity of salted water, to which some add onions; take them up, properly spice enough vinegar, add to it the liquor (strained) in which the fish were boiled, and some bruised bay leaves, which are an indispensable addition, give it a boil up,

and when this and the fish are cold pour it over the latter. If the fish are intended to be kept for any length of time, vinegar and spices alone may be used. In Europe, fish of any kind is tossed in oil, and when cold, covered with strong vinegar, highly spiced; sometimes this method is reversed by boiling the fish in vinegar, and when drained and cold adding spices and pouring olive oil upon it; red and green pepper should be added to the fish, as they give flavor to the pickle. Mackerel may be split open and boned, or cut into small slices; salmon and shad should be pickled in handsomely-sized pieces. Scraped horseradish, oil, and pounded loaf sugar are to be served with pickled fish. For an Italian pickle, slice any kind of fish; dip it in yolk of egg, fry it—or rather boil it—in oil; when cold, rub it over with pounded spices; put it into jars and pour over it cold vinegar seasoned with shallot, garlic and saffron. This pickle keeps good a year at least.

Potted Fish.—Fish may be potted whole, in slices, or pounded to a paste. Smelts may be done whole. Cut off the heads, tails and fins of trout for potting, wipe, but not wash, split open and bone them. Remove only the heads from shad, herring, and mackerel, and when very large cut each fish into three or four pieces. Salmon may be potted in any sized slices. Having prepared the fish, season well with salt, pepper, powdered bay leaves, and a little nutmeg, mace and cloves; then pack it in pots with or without butter, and bake as long as the size requires; when done drain off the grease or gravy and when the fish is cold pound in a mortar to a paste and pour clarified butter over, or the butter may be poured on without pounding the fish; oil or vinegar may be added to the fish before it is baked, afterwards poured off and fresh used to put over the fish for keeping it. After putting in the pots cover closely to exclude the air, or the butter will become rancid and the fish spoil. Some prefer to pack the fish and seasoning in layers, and for this the following will be found an excellent recipe: For five pounds fish take three ounces salt, two each of ground black pepper and cinnamon, one of allspice, and a half ounce cloves; cut fish in slices, or some pack whole, and place in the jar in which it is to be cooked, first a layer of fish, then the spices, salt, and bits of butter sprinkled on, repeating till done. Fill the jar with equal parts vinegar and water, cover closely with a cloth well floured, or a piece of dough, on top so that no steam can escape, and bake six hours. Let it remain in jar until cold, cut in slices, and serve for tea. Fish so potted will keep a long time, if always immersed in the liquor and kept closely covered; and the very bones become eatable. It affords a convenient resource in an emergency, for a few pieces of the fish can be taken from the pot, laid on a small dish, a little of the liquor poured over them, and served garnished with sprigs of parsley. What is left can be returned to the pot. A nice spice to be used in potting

meats is composed of the following ingredients thoroughly mixed : One ounce each ground cloves, pulverized mace, Jamaica pepper, and grated lemon-rind, one-fourth ounce cayenne, one grated nutmeg. Besides the fish already mentioned, perch, pike and eels are excellent potted. Salmon should be skinned for potting and is first baked in slices in a pan with butter, seasoned with mace, cloves, whole peppers and bay leaves, and when done drained from the gravy and potted with clarified butter over the top.

Salted Fish.—Fish intended for salting should never be washed or wet. The larger kinds of fish should be split open, and the heads and intestines of the others removed, first properly scraping them; then pack in a pickle-tub, with finely-powdered salt between each layer; the tub containing them must be kept full, and the fish well covered on the top with salt. The proportion of salt should be one-sixth the weight of the fish. If intended for drying, the fish should remain in the salt from twenty-four hours to eight days, according to size. Herrings are only laid in salt and a little saltpetre for twelve hours, and then smoked for a day and a night. The French way is to split open mackerel, haddock, etc., but only to draw and divest herrings of their heads. They are then placed in a pan, with a small quantity of water, and a handful or two of salt; at the end of a few hours they are drained and wiped dry, and salted with a mixture of four parts each of salt and bay salt, and one part each of saltpetre and loaf-sugar in powder; keep them well-covered for three months before using them. Large cod may be opened and laid upon a stone or brick floor and occasionally sprinkled with fresh salt until sufficiently cured; then dry by exposure to a current of air. Shad and bass are also salted and whenever too great a quantity of any kind of fresh fish is on hand it may be preserved by salting. An easy way to keep fish a short time is to put it in salted water or brine that has served for beef or bacon, and when wanted wipe dry, pepper and devil it, or cook in any manner, when it will be greatly relished. The following is a good recipe for *Salted Herring*: Mix half peck each fine and rock salt; take one hundred and seventy-five herring, put them loosely in layers with salt between, and after four days, drain well and repack in close layers on their backs, covering each layer with a mixture of half peck each fine and rock salt, quarter pound brown sugar, three quarters ounce saltpetre. Leave several months till salt takes effect. These are in season in February, March and April.

Scalloped Fish.—Boil a cup oyster liquor, or milk, thicken with a little flour or corn-starch, add two tablespoons butter, a little chopped parsley and pepper and salt to taste and let cool; put a handful fine bread-crumbs on bottom of buttered baking dish and cover with above sauce; then put in a layer of cold boiled cod or other fish minced fine; have three hard-boiled eggs chopped fine,

and put a layer of the egg next, then more sauce, and so on, leaving out bread-crumbs until dish is full, when put a thick layer of crumbs over the top, plentifully strewn with butter. Cover and bake until hot through, then remove cover and brown. Or put the remains of any cold fish, carefully picked from the bones, into a stewpan with a half pint cream, half tablespoon anchovy sauce, half teaspoon each made mustard and walnut catsup, and pepper and salt to taste. Set over fire to heat hot, stirring occasionally, but do not let boil; put into a deep dish or scallop shells with plenty of bread-crumbs, place bits of butter on top and brown with the salamander. The anchovy sauce, walnut catsup or mustard may be omitted, if not liked, and milk with an egg and a little flour may be used instead of the cream. In preparing cold fish dishes a little more butter is always needed than for fresh fish. For a nice fish scallop with



Scallop Shell.

mashed potatoes, take any cooked fish, boned, and mix with it a white, egg, or drawn butter sauce seasoned to taste; put a layer finely mashed potato in bottom of porcelain baking dish, put in the fish and cover with another layer of potatoes. Smooth the top over neatly and bake in moderate oven twenty minutes. Or form by heaping the fish high in the center of first layer of potatoes and cover this pyramid with the mashed potatoes and bake. Another very simple way of scalloping fish is to put thin slices of salmon, pike or turbot in scallop shells or small tins with bits of butter on top and bake until browned. Squeeze lemon juice over and serve. Cold fish is nice warmed over in this way.

Steamed Fish.—After cleaning a fish, as for boiling or not, in either case, place tail of fish in its mouth and secure it, lay on a plate, pour over it a half pint vinegar, seasoned with pepper and salt; let stand an hour in refrigerator, pour off vinegar, and put in a steamer over boiling water; steam twenty minutes, or longer if the fish is very large (when done the meat easily parts from the bone); drain well, and serve on a napkin garnished with curled parsley. Serve drawn butter in a boat. Or when nearly done, place in oven for a few minutes, baste, brown, and finish as baked fish. Fish intended for baking are very nice to be first steamed about an hour, and steaming is a much better method of cooking than boiling. Mackerel merely steamed, with no sauce, eaten with vinegar, or oil and vinegar, is delicious.

Stewed Fish.—Almost any kind of fish are excellent stewed, except those of a coarse-fleshed nature, like mackerel or smelts; eels, trout, carp, and fresh-water fish generally, are capital in a stew. A nice way of stewing is to put the fish in beef or any other gravy that is rich and well-seasoned, and cook it very gently from fifteen minutes to an hour, according to size; add some vinegar or cider, thicken the liquor with yolk of egg, cream, or butter rubbed in flour,

and serve the fish and sauce together. The large kinds, like salmon, sturgeon, cod, etc., must be cut in slices; trout and other medium sized fish may be stewed whole and served with a sauce over them. Silver eels should be divided into short lengths. Some cooks flour the fish itself before putting it into the gravy, but the sauce is rarely, by this means, so smoothly thickened as it should be. A few oysters may be advantageously added to most stews, put in with the egg or flour; essence of anchovy, catsup, herbs, or mushrooms may also be employed to increase the flavor, for stews should never taste insipid, but quite relishing and savory, and for this reason spices, lemon, pickle, chutney, tomatoes, savory herbs, caviare, or indeed any kind of flavoring in good taste, is admissible. Another good recipe for a stew is the following: Take six pounds any kind of fish, large or small, three pints water, quarter pound pork, or half cup butter, two large onions, three tablespoons flour, salt and pepper to taste. Cut heads from fish and remove all bones; put heads and bones on to boil in the three pints water and cook gently half an hour; cut the pork in slices and fry brown; slice the onions and fry in the pork fat; stir the dry flour into the onion and fat and cook three minutes, stirring all the time. Pour over this the water in which the bones have been cooking, and simmer ten minutes. Have the fish cut in pieces about three inches square, season well with salt and pepper, and place in the stew-pan; season the sauce with salt and pepper, and strain on the fish, cover tight, and simmer twenty minutes. A bouquet of sweet herbs simmered with the bones is an improvement. Dish on a large platter and garnish with potato balls and parsley. The potato balls are cut from the raw potatoes with a vegetable scoop, and boiled ten minutes in salted water. Put them in little heaps around the dish. For a plainer stew, cut a fish across in slices an inch and a half thick, and sprinkle with salt; boil two sliced onions until done, pour off water, season with pepper, add two cups hot water and a little parsley to the onions, and in this simmer the fish until thoroughly done. Serve hot. A little lemon juice or vinegar may be added. Garnish with parsley and sliced lemons.

A nice *French Stew* is made as follows: Clean and wipe dry any kind of fish and cut into slices two inches in thickness; put a cup of oil or butter into an earthen baking dish; add chopped parsley, fennel, shallot, and a clove of garlic and bring to a boil; rub the fish in plenty of spices pounded together with some saffron, and put it into the oil; fry it for a few moments; add a half pint water, and stew slowly till done. Beat together yolks of two eggs with juice of a lemon and some coarse red pepper; pour these into the dish, and when the sauce is set, serve all together in a dish garnished with pickled peppers.

Fish Balls.—Mix a quart mashed potatoes with a cup of bits of butter, two teaspoons made mustard and a half teaspoon salt:

stir in two eggs beaten with a tablespoon or two of cream or milk, and add a pint finely shredded and chopped cold salt fish, stirring in a little at a time until it is thoroughly mixed. Take a heaping tablespoon at a time and roll on a floured board, making with the hands into as perfect balls as possible until all made up. Have the skillet of fat hot and drop in a few balls at a time; turn to brown nicely, take out with skimmer and put on sieve or colander in oven to drain and keep hot until all are ready to serve. Some prefer to reverse the proportions given above, using twice as much fish as potato. Freshly baked and mashed potato is best, but cold may be used, if carefully re-heated, and any remains of cold fish will do. To make *Dropped Fish Balls*, take a pint raw fish, a quart pared potatoes, (under medium size), two eggs, butter the size of an egg, and a little pepper. Pick the fish very fine, and measure lightly; put potatoes into the boiler, and fish on top, cover with boiling water, and boil half an hour. Drain off water, and mash fish and potatoes together until fine and light; then add butter and pepper, and the well-beaten egg. Have a deep kettle of hot fat; dip a tablespoon in it, and take up a spoonful of the mixture, being careful to get it into as good shape as possible. Drop into the boiling fat and cook until brown, which should be in two minutes. Be careful not to crowd the balls, better not let them touch, and be sure the fat is hot enough. The spoon should be dipped in the fat every time a spoonful of the mixture is taken. These balls are delicious. A pretty way of serving fish balls is to line the dish with clean, white paper, and edge this with a frill of colored tissue paper—green or pink,—making a very ornamental dish.



Fish Balls.

Fish Cake.—Take the boned meat of any fish, beat in a mortar or merely mince it fine, add a chopped onion, some chopped herbs, nutmeg, pepper and salt, a little catsup, or fish sauce, such as essence of anchovies, or shrimps, and mix it with either mashed potatoes, bread-crumbs soaked in milk, chopped hard-boiled eggs, or pulped tomatoes, in equal parts, put all into a buttered dish, pour some beaten eggs upon the top, and bake till nicely browned. Or put the boned fish, with the head and fins, into a stewpan with a pint water; add pepper and salt, an onion and bunch of herbs, and stew slowly for gravy about two hours; chop the fish fine, and mix it well with equal quantities bread-crumbs and cold potatoes, adding half teaspoon parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread-crumbs, and fry a light brown; strain the gravy, pour it over, and stew gently for fifteen minutes, stirring it carefully once or twice. Serve hot, garnished with slices of lemon and parsley.

To make *White Fish Cakes*, pound the flesh of some cold fish, season it with white pepper, add a little lemon-juice, and mix all

with enough white of egg to make it form a thick batter, fry it in small cakes, and serve garnished with crisp green parsley. If the yolks instead of the whites of eggs be used, and a little curry powder added, the result will be nice *Yellow Fish Cakes*; serve in a damask napkin with grated lemon-peel over them.

Fish Chowder.—The best fish for chowder are haddock and striped bass, though cod, swordfish and all kinds of whitefish are excellent, and any fresh fish may be used. For a good chowder prepare the ingredients by first slicing a quarter pound pickled pork, and fry it in a pot; then cut five pounds fresh codfish or haddock in slices an inch thick and free from skin and bone; peel and cut two onions in thin slices, and put them to fry with the pork as soon as there is enough fat to keep them from burning; peel and slice four more onions and keep them to use later; peel and slice ten potatoes in pieces a quarter of an inch thick; (boiled potatoes are sometimes used); have ready a pound of sea-biscuit, or Boston crackers. As soon as the pork and onions are brown take them from the pot with fat in which they were fried, leaving about four tablespoons of the fat in the bottom of the pot; put into the pot a layer of fish, next a layer of potatoes, then a layer of the fried and raw onions, and season at this layer with a quarter saltspoon ground pepper, and a level teaspoon salt. Repeat the layers of fish, potatoes and onions until one-half the ingredients have been used; then add one-half the pork and biscuit or crackers, split, pouring half the drippings from the pork on the crackers. Put the remainder of the fish, potatoes and onions in the pot in layers, add pepper and salt as before, and place on the top the rest of the crackers, pork and drippings. Pour over all these ingredients cold water enough to reach three inches above the top layer, and place the pot over the fire where the chowder will boil gently for an hour, or until the whole is thoroughly cooked; if it should burn it would be spoiled. At the end of an hour add a half pint cream, and serve in a tureen and soup-plates; eat with dry sea-biscuits, or Boston crackers. Another way of preparing the fish, if large, is to remove the backbone and skin, cut in pieces about three inches square and roll them in flour; put the skin, bones and head into two quarts water and boil half an hour, meantime preparing and placing other ingredients, with the fish, in the kettle as above; pour over the top the water in which the skin and bones have been boiled and at the end of half an hour, or when the chowder is done, add a quart milk or a cup cream and serve as above. Some prepare the fish by cutting into pieces an inch thick and two inches square, and some boil the pork instead of frying, while others use it in raw slices, in both cases putting a layer of the pork in bottom of kettle and alternating with the layers of crackers, fish and potatoes. When the pork is fried some prefer to chop it fine and use it in layers, alternating

with the other ingredients. Both crackers and potatoes may be used, as above, or one or the other may be omitted. Some simply soak crackers in water or milk, or they may be split open and buttered, then "crisped" in the oven if liked, scalded with sufficient hot milk and put in just before taking up. Onions may be put in raw, if chopped. Layers of potatoes in thin slices are sometimes added, and a sprinkling of parsley is liked by many. Instead of dishing up all together, the fish may be skimmed out into the tureen and kept hot while the gravy is thickened with cracker dust or flour; boil up once, add chopped parsley, catsup and lemon-juice to taste, and pour over the fish.

Fish Croquettes.—Stir together in saucepan over the fire a tablespoon each flour and butter, and add either water or milk, making a thick sauce; let boil, season with salt and pepper and put in pint cold flaked fish and scald; remove from fire and stir into it the yolks of two or three eggs. Rub a deep plate with salad oil, pour the mixture in and let get thoroughly cold. Then make up into cork-shaped rolls. Wet the hands to prevent sticking. Roll in sifted bread crumbs, dip in beaten egg then again in bread-crumbs, and fry in smoking hot fat, like doughnuts, until a delicate brown. Take out with skimmer, and lay on brown paper an instant to absorb fat. A teaspoon onion chopped fine and fried in the butter before the sauce is made, imparts a nice flavor to the croquettes. A perfect croquette is semi-liquid in center. Melted butter is not so good as oil for greasing the dish, as it will not prevent sticking. The cracker dust should be rolled and sifted, as the finer it is the more easily the croquettes are prepared, and the nicer they will fry. Another way is to remove the bones and chop fine any cold fish—boiled, baked or fried—and mix with it one-third as much mashed potato rubbed to a cream with a little melted butter; add a little white sauce made of butter melted in milk, and thickened with corn starch and a beaten egg; season with chopped parsley, salt, pepper and anchovy sauce or walnut catsup. Mix, make into balls and roll in beaten egg and cracker dust and fry as above. Send to table hot with sliced lemon round them. An improvement on the old fish balls. Or, put a piece of butter in a saucepan, dredge in some flour, and stir over the fire some minced cold fish, chopped mushrooms, bread-crumbs, herbs and shallot, pepper and salt; cook until thick and when cold form into balls. Egg and bread-crumbs them twice, fry a nice brown in hot fat, arrange in pyramid form on a plate and garnish with parsley.

Fish Dressing.—Two cups bread or cracker crumbs, one of mashed potatoes, one well-beaten egg, two tablespoons butter, teaspoon sage and savory, or a little thyme, and one dozen chopped clams or oysters; moisten with warm rich new milk, salt and pepper to taste. This dressing is also good for duck or game with a finely

chopped onion added. Or, for a plainer dressing, take one pint bread-crumbs, two tablespoons melted butter, one raw egg, pepper, salt and one tablespoon celery seed.

Fish Fritters.—Put two tablespoons flour in a bowl with half saltspoon salt, and stir in gradually a gill tepid water and tablespoon salad oil (melted butter or fat will do), and the well-frothed whites of two eggs. The batter is the better for standing before used, and if made without the eggs it *must* stand at least four hours. If the fish are small skin them, wipe dry with a cloth and put the tail in the mouth; roll well in flour—dusting is not sufficient—dip them into the batter and fry in hot fat. If the fish are large, bone and cut into neat slices and dry, flour and fry them as small fish. To make them extra nice rub the fish first with powdered spices or herbs, then roll in flour and dip in batter. Or fritters may be made of any cold fish, which must be minced very fine, or, better, pounded in a mortar; add any seasoning liked, spices, herbs, onions, etc., and either stir the fish in the batter and drop by spoonfuls into the fat, or carefully place little heaps of it on spoonfuls of the batter and put into the hot fat with the fish uppermost.

Fish Pies.—Salmon, eels, cod, mackerel, trout, herrings, flounders, salt fish, and in short almost any kind of fish are good in pies. Large fish must of course be used in slices, small fish must have heads, tails and fins removed, bone them also if possible, and flat fish should be skinned. Line a shallow baking pan or a pie tin with a nice paste, or rich baking powder crust, leaving a good rim, and put the fish in, covered with a rich, highly-seasoned white sauce, or with bits of butter plentifully strewn over, and season with salt, pepper, herbs and spices to taste; when the white sauce is not used add cream and fine bread-crumbs or cracker dust—and hard-boiled eggs, chopped, if liked—to a pie made of cold fish, and many like them in a pie made of any fresh fish. Alternate layers of oysters seasoned with nutmeg and chopped parsley, with the bread-crumbs and fish, make a very nice *Fish Oyster Pie*, but should be put in dish without the under crust. Cover with bread-crumbs, which must be browned, or with a good crust, pinching the edges well together and bake. Some prefer to cut pie paste in strips and lay in cross-bars over the top with a roll of the paste round the edge. A pie of ordinary size will bake in a moderate oven in about an hour. If of cold cooked fish much less time will be required. If the fish is first lightly fried in butter the flavor of the pie will be greatly improved. Eels should be previously stewed. Salt fish must first be soaked, boiled, boned, minced, and mixed with plenty of fresh butter; serve with mustard or horseradish sauce.

Boiled Fish Puddings are made in much the same way, using a deep baking dish or bowl; always cover with the top crust, and tie the dish in a cloth, then place in a kettle of hot water. The

time required for boiling will depend upon the size of the pudding. Bruised bay leaves, chopped parsley, onion, pepper, bottled sauce, etc., are used for flavoring. Small trout and perch, with the addition of a few button mushrooms, are exceedingly good in puddings, and the fish mentioned for pies are excellent for this dish.

Fish Rissoles.—Cut thin slices of any fish, or finely chop it; sprinkle with catsup, cayenne pepper, shred lemon-peel, or any other savory addition preferred. Enclose portions of the fish between very thin paste, fasten the edges together, and fry the rissoles, like dough-nuts, till nicely browned; they may be of any shape—rounds, stars, crescents, or triangles. Serve hot, decorated with a bunch of crisp parsley. Or line patty pans with a nice paste, put in the fish moistened with a little cream and bake in oven, for *Fish Patties*.

Fish Salad.—Rub yolks of three eggs to smooth paste with a little salad oil; add one teaspoon each salt and pepper, one tablespoon each made mustard and sugar, and lastly six tablespoons vinegar. Beat the mixture until light and just before pouring over the fish stir in lightly the frothed white of an egg. Put fish in dish with six tablespoons vinegar and stir half the dressing in with it; spread remainder over the top and lay blanched lettuce leaves around the edges to be eaten with it, or garnish with a row of sliced tomatoes. Or arrange in a dish cold fish of any kind and pour over it a mayonnaise made by beating gradually together raw yolks of eggs, lemon-juice, and Italian olive-oil; season to taste, and, if preferred, color it green by employing spinach-juice or bruised herbs. Proportion according to quantity of fish. Decorate the dish with lumps of clear fish jelly, capers, gherkins, etc. Or pour over the fish a sauce made as follows: Chop together chervil, tarragon, cress and mustard leaves; add pepper and salt, and mix together with enough olive-oil and vinegar to make it of the proper consistency; garnish the dish with slices of lemon and cucumber, placed alternately, sprinkled with cayenne pepper and minced anchovy. A more simple salad is made by melting some fresh butter in a stewpan and adding lemon-juice, pepper, chopped shallot and parsley, and olive oil; pour over the fish, strew crushed bay salt and grated lemon-rind on top before sending to table, and decorate with pickles. For a nice *Salmon Salad*, cut cold boiled salmon into slices or pieces two inches long, and marinade by letting stand two or three hours in vinegar well seasoned with pepper, salt, a little salad oil and chopped onion and parsley. Arrange lettuce leaves in bottom of salad dish and cover with Italian dressing, (see Salads), placing the salmon, bordering with a row of hard-boiled eggs in slices, in a ring on this, and fill in center with mayonnaise sauce. Sprinkle capers over all. Pike, blue-fish, flounders, etc., may be used in salads in same manner. The fish may be either fried or boiled, or

remnants of cold used. Slices may be more neatly shaped before cooking, if cold fish is not used.

Fish Sandwiches.—Butter thin slices of bread on both sides, lay thin pieces of anchovy, tunny fish, sardine, smoked salmon, bloater, or other cured fish on half; sprinkle some seasoning upon the tops, and place the other slices of bread upon them; lay the sandwiches in a dish, and set them in a quick oven till the bread is nicely browned. The soft roe of a shad or herring, mashed and spread between bread-and-butter, and baked, is a very savory relish. Pressed caviare used in the same way is particularly good. Chopped hard-boiled eggs may be mixed with the fish and a little mayonnaise or any sauce preferred is a relished addition. *Fish Canapes* may also be classed with sandwiches and are prepared thus: Cut some rather thick slices of bread; cut out a round from the center of each, fry them in olive-oil or butter and place upon them minced anchovy, tunny fish, cured salmon, sardine, or fresh shell-fish of any kind; add seasoning, and some yolk of hard-boiled egg chopped fine, together with any chopped pickles or herbs liked.

Fish Souffle.—Pare eight good-sized potatoes and boil thirty minutes, drain the water from them, and mash very fine; then mix thoroughly with a pint finely chopped, cooked salt fish. Add two tablespoons butter, salt and pepper, and three-fourths cup hot milk or cream; stir into the mixture two well-beaten eggs, and heap this in the dish in which it is to be served. Place in the oven for ten minutes. Beat the whites of two eggs to stiff froth, and add a quarter teaspoon salt; then add yolks. Spread this over the dish of fish; return to the oven to brown, and serve.

Fish Soups.—Fish soups may be made as rich or as thin as liked, but about a pound of fish to a pint of water, with the requisite seasoning, will make a very good soup. When stock is required to make anything richer, it should be compounded wholly of fish rather than from meat. The liquor in which a salmon has been boiled makes a capital foundation for a fish soup. With the exception of the richer kinds, such as herrings, mackerel, or sprats, almost any fish is suitable for soup. The thickenings used for fish soups are potato flour, fried bread-crumbs, cream, butter rolled in flour, ground rice, cod roe, lobster spawn, or caviare, beaten to a paste; yolk of egg, either raw or hard-boiled, and pounded smooth, together with an admixture of olive oil; mashed turnip, crushed macaroni, or Italian paste, etc. Eels for soup should be simmered until the flesh leaves the bones, then strain, and add thickening and seasonings. The following are all nice adjuncts to fish soup: Small bits fried bread or toast, hard-boiled eggs in quarters, forcemeat balls, picked shrimps, prawn, or crayfish; French roll, fried brown; slips of pickled anchovies, little onions, first lightly fried in butter, sliced

cucumber, mushrooms, or quartered tomatoes. To make *Brown Fish Soup*, take any kind of fish, cut in small pieces, roll in flour, and brown in olive-oil or butter in saucepan; cover with hot water, season with salt and pepper, and boil slowly for about fifteen minutes. See that there is plenty of water. One pound will make a quart of soup. A clove of garlic or any flavoring liked may be added.

Fish Straws.—With the exception of mackerel the fish should be skinned, and good fillets (narrow strips) taken lengthwise free from bone; soak for two hours in lemon-juice seasoned with chopped onions, parsley and pepper; take out, wipe dry, roll in flour, and fry in dripping or oil until a fine brown; drain from fat, pile in a dish, and serve a tomato sauce round them. Haddock, mackerel, or any kind of flat fish are used for these straws.

Fish Toast.—Bone any preserved fish, such as smoked salmon, herring, etc., season with cayenne pepper, made mustard (if liked) and salt; when it is a smooth paste add an equal quantity of fresh butter, incorporate both well together, and spread upon pieces of hot toast; put these for a few moments into an oven, and send to table when well heated.

Fish Turbans.—Bone and skin a fish, as directed in preface, and after cutting the entire fish into fillets or slices, roll each one up and fasten with a broom straw. These little rolls are called Turbans. Stuff or not, as wished, with highly seasoned soaked bread, and place in pan with butter or oil in the bottom, but no water. Cook in oven only long enough for the flakes to separate. Dish and serve on tartare sauce. Flounders or any fish may be used.

Fish with Parmesan Cheese.—Remove all bone and skin from some cold fish; trim it nicely, and place in a stewpan over the fire; add sufficient white sauce to moisten it. Butter a dish, arrange the fish and sauce upon it, and strew it rather thickly with bread-crumbs and grated Parmesan cheese; sprinkle it with melted butter, and place in oven to brown. If the flavor of Parmesan is too strong Gruyere cheese may be used; or the bread-crumbs alone may be employed, when a dish of cold fish, *au gratin*, is intended to be served.

Fish in Jelly.—Make a savory jelly of calves' feet, (see Jellies), or by slowly boiling any kind of fish—flounders or any flat fish, whatever is cheapest—until it jellies, which may be ascertained by the usual test for jellies, which see. Some like the flavor of a few button onions, a little lemon juice, parsley, and a slight sprinkling of sugar cooked with the fish. Strain, and if not perfectly clear, clarify according to directions in soups and pour a little into a mold; when properly set, arrange upon it the previously cooked fish (smelts, perch, or other small fish should be fried or baked with the tail in

the mouth), and carefully pour in more jelly until the mold is filled. When entirely cold and congealed wrap it in a hot cloth for a few moments and turn out on an ornamental dish. Serve for supper or luncheon. Slices or strips of cold salmon, turbot or soles, when used, may be cut in fancy shapes or arranged in ornamental devices in the jelly, and oysters, cooked just enough to plump them, hard-boiled eggs in rings, or forcemeat balls colored a bright green with spinach juice, are nice additions. A very handsome and appetizing dish.

Fish with Olives.—Peel and cut a nice tender cucumber into slices an inch thick; fry them in olive oil, and fry in another pan some fillets of fish bound and rubbed in flour and white pepper; when done, arrange the slices of cucumber in a dish and place the fillets upon them. Throw some stoned olives into the oil and let remain just long enough to get hot. Put them round the dish and serve at once.

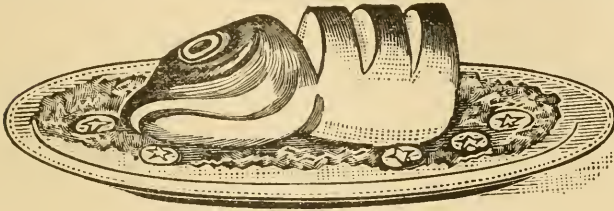
Fish with Rice.—Carefully bone enough cold fish to make a moderate-sized dish, add cayenne pepper and salt, and lightly fry in a stewpan with a piece of fresh butter; when quite hot add a teacup boiled rice and chopped yolks of four hard-boiled eggs; stir well together until perfectly hot; shape it upon a dish, and serve with pickles.

Boiled Bass.—Clean a handsome piece of fish, open it at the belly and remove the bone; lard the flesh with slips of anchovy, truffles, tunny fish, and gherkins; stuff it with the flesh of other fish, such as lobster, oysters, crayfish, prawns, etc; season and fasten it together so that it may retain its original form as nearly as possible; wrap in a cloth and boil in richly-flavored liquor till done; when cold remove the covering, lay in a dish, glaze and decorate round with crusts of jelly and little ornamental heaps of butter. Salmon, sturgeon and pike can be cooked as above.

Potted Bloaters.—Cut off heads and clean as many fish as wanted, then put in oven till cooked through; take from oven, skin and carefully separate meat from bones; put the meat in a jar with half its weight of butter and set in cool oven to cook *slowly* half an hour; then put the fish into a mortar or bowl, pour the butter over it, taking care not to let the gravy pass too, unless fish is to be eaten soon, as it will not keep so well; pound butter and fish together with a pestle or potato masher, to a paste, add a little cayenne, and press into small pots, pouring melted butter or mutton suet a third of an inch thick over top of each. Least expensive and most appetizing of all potted meats, and makes excellent sandwiches.

Boiled Cod's Head and Shoulders.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish,

one or two hours before dressing it, as this very much improves the flavor. Lay the head and shoulders in fish-kettle or deep pan with sufficient cold water to cover. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring



Cod's Head and Shoulders.

it in at the side of the kettle, and not on the fish. Add salt in proportion of three table-spoons to each gallon of water, and bring gradually to a

boil; a little horse-radish and vinegar or lemon juice added now improve the fish. Skim very carefully, draw to the back of range, and let it gently simmer till done, about half an hour. Take out and drain; dish on a hot napkin, garnish with cut lemon, and horse-radish and serve with either drawn butter or eggs. Prepare *Boiled White Fish* in same manner. For a *Cod Pie*, carefully remove all skin from any fish that is left and pick from the bones, place in a pie dish or pan, pour over melted butter to moisten, and a dozen or so oysters (or oyster sauce if left) and cover with mashed potatoes. Bake half an hour and serve nicely browned. Any cold fish may be used and is delicious and very economical. A more elaborate *Cod Pie* is made by laying two fresh slices large cod in salt for four hours, wash, place in a dish, season, add two tablespoons butter, half pint any good stock, cover with pie or baking powder crust as rich as liked with center cut out by a cup and bake one hour. Make a sauce of quarter pint cream or milk, one tablespoon stock, a little thickening of flour and butter, finely-chopped lemon peel and a dozen or so oysters, let boil once and pour it into the pie at opening in center. The piece cut out can be placed upon the pie and carefully lifted up to add the sauce. Bake a quarter of an hour and then serve in dish in which it is baked. Cooked cod may be used and any fish may be substituted for the cod. For a *Codfish Roll*, chop fine cold cooked fish, pour over it drawn-butter or egg sauce, season to taste. Warm thoroughly, stirring to prevent burning; make up in rolls or any other form and brown in oven; or after prepared with sauce put in the frying-pan with a little oil, lard or drippings, and heat through and then shape into a roll and brown, turning it over and over to brown evenly.

Cold cod is an admirable material for making pretty little dinner and breakfast dishes. An excellent curry may be made by breaking up cold fish into flakes as neatly as possible. These should be fried in butter, with onions cut in rings and a suspicion of shal-

lot, to a fine light brown color; then take some butter rolled in flour, put into a stewpan, and let it take a light color; add some good white stock or gravy, and a large spoonful curry powder made into paste with cream; throw in flaked fish (not the onions), simmer for about ten minutes, and serve with rice in separate dish. Cold salt cod may be used.

Cod Sounds.—These are the air or swimming bladders of the fish and should be well soaked in salted water, and thoroughly washed before dressing. They are considered a great delicacy, and may either be broiled, fried, or boiled; if they are boiled, mix a little milk with the water. *Cod Sounds with Force-meat.*—Make a force-meat of twelve chopped oysters, three chopped anchovies, quarter pound bread-crumbs, tablespoon butter, two eggs; seasoning of salt pepper, nutmeg, and mace to taste. Mix the ingredients well together. Wash the sounds, and boil them in milk and water for half an hour; take out and let cool. Cover each with a layer of forcemeat, roll up in nice form, and skewer them. Rub over with butter, dredge with flour, and broil gently over the fire or bake in oven.

Codfish a la Mode.—One cup codfish (if salt codfish is used freshen overnight), picked up fine, two cups mashed potatoes, one pint cream or milk, two eggs well-beaten, half cup butter, salt and pepper; mix well, bake in baking-dish from twenty to twenty-five minutes. For *Scalloped Codfish*, use bread-crumbs instead of potatoes, moistening them with the cream or milk, putting in the dish in layers, alternating with the fish, and finishing with the crumbs; sprinkle bits of butter over the top and bake half an hour, or the mashed potatoes may be used also.

Codfish and Eggs.—Take a pint each freshened and flaked codfish (or any cooked salt-fish) and milk or cream, two tablespoons flour, one of butter and six eggs. Mix the flour smooth in a little of the milk, putting the remainder on to boil; stir in the flour, and add the fish, season with pepper (it should be salt enough) and cook ten minutes. Poach the eggs carefully. Turn the cooked fish over six slices or rounds of nicely toasted bread on a platter, and place the eggs on the fish. Garnish with points of toast and sprigs of parsley. A delicious dish.

Codfish Fritters.—One pint finely picked salt codfish, two of whole raw peeled potatoes. Place together in cold water and boil till potatoes are done. Remove from fire and drain; mash well, add tablespoon butter, two well-beaten eggs and a little white pepper. Mix with a wooden spoon and drop in hot cooking-oil or lard in spoonfuls as fritters.

Boiled Haddock.—Wash a three-pound haddock as soon as it comes from market, and some place in a large pan containing plenty of cold water and a handful of salt for a short time. To cook, place in fish-kettle with cold water to cover, a gill of vinegar, tablespoon salt, a small root of parsley, six cloves and one sprig each of thyme and majoram. When the water boils fish will usually be done; test by pulling out a fin, if it comes out easily and flesh of fish looks clear white it is done. Take up carefully without breaking, remove the skin by scraping gently so as to avoid tearing the fish. Serve with parsley or anchovy sauce. For small haddocks, fasten tails in their mouths and pin with a wooden toothpick and place in boiling water. Generally they do not weigh more than two or three pounds, or exceed ten or twelve inches in length and such are esteemed very delicate eating. Haddocks are at their best in November, December, June and July. Any fish may be cooked as above.

Creamed Haddock.—Put a fish weighing five or six pounds on in cold water enough to cover, and which contains one tablespoon of salt. Cook gently twenty minutes; then lift out of the water, but let it remain on the tray. Now carefully remove all the skin and the head; then turn the fish over into the dish in which it is to be served (it should be stone china), and scrape off the skin from the other side. Pick out all the small bones; they are down the whole length of the back, and a few in the lower part of the fish, near the tail, in rows like pins in a paper, and it will take but a few minutes to remove them. Then take out the back-bone, starting at the head and working gently down toward the tail. Great care must be taken, that the fish may keep its shape. Cover with prepared cream as follows: Put one quart milk, two sprigs parsley and small sliced onion on to boil, reserving half a cup milk to mix with two tablespoons flour. When it boils, stir in the flour paste. Cook eight minutes. Season highly with salt and pepper, add tablespoon butter, strain on the fish, and bake about ten minutes, just to brown it a little. Garnish with parsley or little puff-paste cakes; or, cover it with the whites of three eggs, beaten to a stiff froth, and then slightly brown. A cusk or cod can be cooked in same way.

Baked Halibut.—Use neck of halibut, the thin part just below the head, under the gills. Wash in cold water, and if not ready to use let it stand in cold water. Put butter, drippings, or pieces of salt pork in baking pan, lay in the fish and bake three-quarters of an hour, basting with the drippings, being careful not to let burn; place on hot platter without breaking the fish and serve with tomato sauce around it. To make the sauce for three pounds fish, take a pint canned or fresh tomatoes, cook and season with salt, pepper, and if wished, a clove of garlic, chopped very fine.

Creoled Halibut.—Wash a thick square piece of fresh halibut, place in baking dish, season with salt and pepper, and strew over it

a finely chopped clove of garlic, about the size of a bean, and cover with a cup of fresh or canned tomatoes. Bake until flakes separate; dish without breaking.

Baked Herrings.—Scale and clean two pounds herrings carefully without washing, unless it be absolutely necessary. Split down the back and remove backbones, sprinkle inside with a little pepper, salt, and pounded mace mixed together. If there are any roes enclose them in the fish and place latter in layers in a baking dish with six each whole cloves and pepper-corns, and two bay leaves. Cover with an equal mixture of vinegar and water or all vinegar, salt plentifully and tie a sheet of oiled paper over the dish, and bake one hour; serve cold. *Baked Salt Herring* are prepared by soaking the herring overnight, roll in flour and butter, and place in a dripping pan with a very little water over them; season with pepper, and after putting in oven baste frequently.

Herring Pudding.—First thoroughly wash and then soak two salt herrings in water overnight, or in sweet milk four or five hours, as the milk extracts the salt in half the time and even less. Pick in pieces and place in a quart baking dish a layer of fish with little bits of butter and then a layer of cold boiled potatoes sliced, and one of cooked rice, then fish, etc., with potatoes for last layer; cover with a custard made of one pint milk, two eggs, seasoned with salt and pepper, and bake in oven half an hour; rice may be omitted. Any salt or fresh fish (not soaking) may be used, and any cold cooked fish.

Baked Mackerel.—Clean four medium-sized fish, the largest seldom weigh over two pounds, take out the roes and fill with a forcemeat made by mixing well together tablespoon each fresh butter, finely shredded suet and fat bacon, diced, small teaspoon minced savory herbs and parsley, a little finely minced onion, if liked, four tablespoons bread-crumbs, one egg, salt, nutmeg and cayenne to taste. Sew up slit, flour, and put in a baking dish, heads and tails alternately, put on bits of butter, pepper and salt, then the roes. Bake half an hour and serve with plain drawn butter or a *maitre d'hotel* sauce.

Boiled Mackerel.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover, with quarter pound salt to each gallon water; bring it gradually to boil, skim well, and simmer gently till done, when the tail splits and the eye starts out, generally about ten minutes; dish on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is



Boiled Mackerel.

sometimes served with it. When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this besides, in a tureen. Or for *Pickled Mackerel*, boil as above, place in dish, take half the liquor in which they were boiled, add as much vinegar, a few pepper-corns and a bay leaf or two, boil ten minutes and when cold, pour over the fish.

Broiled Mackerel.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry after taking out the gills and inside. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, which will be in about ten minutes for a small mackerel, the flesh can be detached from the bone. Chop a little parsley, mix with butter, pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maitre d'hôtel* sauce in a tureen.

Salt Mackerel.—Take mackerel from the salt, wash carefully, and lay them inside downward in a pan of cold water for twelve to fifteen hours; change the water frequently, and if wanted sooner the fish may be soaked in sweet or sour milk—it will freshen in half the time. Scrape clean, and for *Boiled Mackerel* wrap in a cloth and simmer fifteen minutes; it will be almost done when the water reaches boiling point; remove, lay on it two hard-boiled eggs sliced, pour drawn butter over and trim with parsley leaves. Boiling salt-fish hardens it. For *Baked Mackerel*, lay in shallow pan, the inside of fish down; cover with water, and set it over a gentle fire or in an oven for twelve or fifteen minutes; then pour off water, turn fish, put bits of butter in pan, and over the fish, sprinkle with pepper and fry for five minutes, then serve.

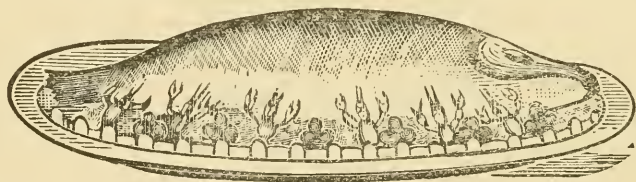
Baked Mullet.—Cut one carrot and two onions into thin slices; add thyme, parsley and marjoram, with pepper and salt to taste, and three tablespoons salad oil; mix well together, cover each mullet with the mixture, and roll it up in a piece of white paper, previously oiled; bake in a moderate oven half an hour, then carefully open the paper, place the fish neatly on a dish, ready to serve, and keep it warm. Melt a small piece butter, add a large pinch flour, a half cup good stock, and the vegetables, etc., the fish were cooked in. Let the sauce boil five minutes, add salt if wanted; strain, skim, pour over the fish, and serve.

Fried Pan-Fish.—Take perch, sun-fish, or any small fish; place in pan with heads together, and fill spaces with smaller fish; when ready to turn, put a plate over, drain off fat, invert pan, and the fish will be left unbroken on the plate. Put the lard back in the pan and when *hot*, slip back the fish, and when the other side is

brown, drain, turn on plate as before, and slide them on the platter to go to the table. This improves the appearance, if not the flavor. The heads should be left on, and the shape preserved as fully as possible.

Baked Pickerel.—Clean the fish thoroughly, wipe carefully, and lay in a dripping-pan with hot water enough to prevent scorching; a perforated tin sheet or rack fitting closely in the pan, or hardwood sticks laid crosswise, or several muffin-rings may be used to keep the fish from the bottom of the pan, and the fish may be made to form a circle by tying head and tail together; cover with an inverted pan and bake slowly, basting occasionally with butter and water. It will not need so frequent basting if covered. Remove pan fifteen or twenty minutes before done to brown nicely. When done have ready a cup sweet cream into which a few spoons hot water have been poured, stir in two tablespoons melted butter and a little chopped parsley, and heat in a vessel of boiling water; add the gravy from the fish and boil up once. Place the fish in a hot dish, and pour over the sauce. Bake *Salmon* and *Trout* same way.

Pike a la Godard.—The inside of a fine pike must be removed through the gills, and the fish put into scalding water in order that the skin may be stripped off easily; also tie the head with fine twine. Wrap the fish in buttered paper, put it into a fish-kettle and cover with cold water. When pike is done, which can be told by touching it gently, drain it and garnish with cray-fish, which are simply the homely craw-fish, and quenelles of forcemeat made as



Pike a la Godard.

follows: Take one teacup bread-crumbs, one teaspoon minced savory herbs, eight oysters, two anchovies (or omit the latter), two ounces suet; salt, pepper, and pounded mace to taste; six tablespoons of cream or milk, and two eggs. Beard and mince the oysters, prepare and mix the other ingredients, and when properly prepared, pound all together in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mold into balls, roll in flour, and poach in boiling water

to which a little salt has been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside, and whites may be omitted altogether. In the preparation of the quenelles the ingredients are to be *well pounded* and seasoned, for this is the secret of the French quenelles; when they are wished very small, extreme delicacy will be necessary in their preparation. Their flavor may be varied by using the flesh of rabbit, fowl, hare, pheasant or grouse, with the addition of mushroom, parsley, etc. Prepare the crayfish by throwing into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in fifteen minutes, take out and drain them. Let them cool, arrange around the fish as illustrated, alternately with the quenelles. This fish is also nice for garnishing boiled turkey, boiled fowl, calf's head, and all kinds of boiled fish. It should be oftener employed for the delicious soup it makes than it at present is, and housewives should excite a demand for it among the fishmongers and a supply would soon be forthcoming. They are also nice as *Potted Crayfish*. Boil one hundred crayfish in salt and water; pick out all the meat and pound it in a mortar to paste. Whilst pounding, add two tablespoons butter gradually, and mix in pounded mace, pepper and salt to taste. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

Fried Red Snapper.—Cut a red snapper in pieces and fry brown. In a separate vessel, cut up and fry one onion and two cloves of garlic; when brown, add two tablespoons flour, one pint prepared tomatoes, a little pepper, salt to taste, one tablespoon Worcestershire sauce, and half a dozen whole cloves. Let this simmer half an hour, and stir in a tablespoon vinegar. Pour over the fried fish, and serve immediately. Or fry by immersing in hot fat as directed in Fried Fish. Red Snapper is also very nice boiled.

Fried Roe.—Fish-spawn, especially the shad, is a delicacy greatly prized by epicures. Wash and wipe, fry twenty minutes in hot fat in a frying pan on both sides; season, dish on a hot platter and place around it a row or double row of plain fried oysters. Put a bunch of parsley in the center, and half a lemon with the peel cut in saw teeth. Or first boil the roes (cutting them in two if large), in water seasoned with vinegar, salt and pepper, ten minutes, take out and plunge them in slightly salted cold water, wipe dry again and let them lay a minute or two; then roll in beaten egg and bread-crumbs and fry a nice brown on both sides in hot lard or drippings. Serve with a sauce made of a cup drawn butter, a teaspoon anchovy sauce, piece of half a lemon, a little minced parsley and a pinch of cayenne pepper. Send around in a gravy boat. Another nice way of frying and serving roe is to first wash any kind of fish-roe in salted cold water, and dry it on a towel; then put into a frying-pan containing

sufficient hot fat to prevent burning; cover the pan and brown the roe, first on one side and then on the other; when it is done lay it on brown paper to free it from fat, and then on a hot dish. Meantime, peel half a dozen potatoes, cut in small balls with a vegetable scoop, or in pieces an inch square; throw them into salted boiling water, and boil until a trussing needle or sharp fork will easily pierce them, but do not boil them soft; as soon as they are tender drain them and lay them between the folds of a towel until the fish-roe is brown. Then put the potatoes into the hot fat where the roe was fried, set the pan over the fire and shake the potatoes about in it until they are brown. Serve them under the fish-roe after dusting them over with pepper and salt. For *Roe Croquettes* take four medium-sized shad roes, two boiled potatoes, ounce each butter and flour, gill cold water, tablespoon chopped parsley, teaspoon each lemon juice and salt, half teaspoon pepper, two hard-boiled eggs, one raw egg and four tablespoons bread-crumbs. Boil the roes twenty minutes, take out, drain and placing in a bowl separate with a wooden spoon; add the pepper, salt and chopped parsley; rub through a sieve over the bowl the hard-boiled yolks and then the potatoes; add the two hard-boiled whites, finely chopped, and the lemon juice. Melt the butter in a saucepan, stir in the flour and gill cold water by degrees, and when boiling pour it over the materials in the bowl and stir all thoroughly together. Make into small shapes resembling the shad-roe, beat the raw egg and dip these into it, roll in the bread-crumbs, and fry as doughnuts in hot fat, draining on a piece of kitchen paper over a sieve in oven to keep hot, and serve in a folded napkin. Or for the four shad roes take one pint cream, four tablespoons each corn-starch, and butter, one teaspoon salt, juice of two lemons, slight grating of nutmeg and a speck cayenne. Boil the roe as above, then drain and mash. Put the cream on to boil, mix the butter and corn-starch together, and stir into the boiling cream; add the seasoning and roe; boil up once, and set away to cool. Make into balls, or hape and fry as directed above.

Baked Salmon.—Procure a middle cut of salmon; butter both sides of a large sheet of writing paper and roll the fish in it, pinning the ends securely together. Put it in the baking pan and pour a half cup butter and water over it. Cover with another pan and bake in a moderate oven one hour, lifting the cover occasionally to baste and see that the paper does not scorch. Make a sauce by beating a cup of cream over boiling water, thicken with a heaping teaspoon corn-starch, add a tablespoon butter, and pepper, salt and finely chopped parsley to taste. When the salmon is done, take off the paper, place on a hot platter, pour half the sauce slowly over it and send the rest to table in a boat. If cream cannot be had for the sauce use milk and a well beaten egg.

Salmon Croquettes.—This dainty dish may be made of the fresh fish, boiled and cold, or of the canned salmon. The meat must

be carefully separated from bones and skin, chopped fine and the juice of half a lemon, a tablespoon chopped parsley, a little salt and a pinch of cayenne added; mix all together. Put two tablespoons best butter for each pint and a half chopped salmon into a saucepan with two teaspoons flour and cook together, stirring constantly. Add a little of the stock the fish was boiled in and a cup of cream. Boil for five or six minutes, stirring steadily, then mix in the chopped salmon, stir well together, and add and stir rapidly in yolks four eggs. Continue to stir briskly a few minutes longer, then pour the mixture out upon a large flat dish and set it in a cool place until perfectly cold. Then make in small rolls or pear-shaped cones, using just enough flour to prevent the mixture from sticking to the hands. When all are done, dip them one at a time into eggs beaten up with a little cream, and roll them in freshly-made bread-crumbs. Let them rest for an hour, then fry them to a delicate brown color in plenty of boiling hot lard. Or, mix with three-fourths pint shred salmon, five tablespoons bread-crumbs; melt one and one-half tablespoons butter and pour over the mixture, adding half teaspoon each salt and pepper and saltspoon each grated nutmeg and powdered mace; beat all together and add juice of half a lemon, teaspoon anchovy sauce and two beaten eggs, stirring well; shape and fry as above.

Salmon Fritters.—Remove skin and bone from a pound canned salmon, mince and add an equal quantity potato that has been mashed and mixed with butter and cream; work the mixture into little cakes and fry in a little butter.

Boiled Salmon.—Scale and clean fish, and be particular that no blood is left inside; lay in fish-kettle with sufficient hot water, to cover (hot is used to better preserve the color) adding salt in the proportion of six tablespoons to a gallon water. Bring it quickly to a boil, take off scum, and let simmer gently till the fish is done, which will be when the meat separates easily from the bone. Drain it, and if not wanted for a few minutes, keep warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster, oyster, shrimp or hollandaise sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish, and a little lemon-juice squeezed over it is considered by many persons a most agreeable addition. Peas are also, by some connoisseurs, considered especially adapted to be served with salmon. Boiled is the best way of cooking salmon. For a more fancy dish arrange in the form of a letter S, as follows: Thread a trussing-needle with some twine; tie the end of the string around the head, fastening it tight; then pass the needle through the center part of the body, draw the string tight, and fasten it around the tail. The fish will assume the desired form. Salmon



prepared thus is very nice served cold at evening parties with a mayonnaise sauce poured over. It may then be mounted on a pedestal which may be carved with a sharp knife in any form desired from bread two or three days old, fried a nice brown in deep lard, or made of wood covered with white paper brushed over with aspic jelly; the salmon should then also be decorated with bits of aspic jelly in squares or other forms. Cauliflower blossoms and sliced or quartered hard-boiled eggs make a very pretty and appropriate decoration when served with the mayonnaise sauce.

Broiled Salmon Cutlets.—Cut slices an inch thick, and season with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with the ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is liked, add a few chopped herbs and a little spice.

Escalloped Salmon.—Roll fine one quart crackers, season with salt and pepper and mix with one can salmon; put in a skillet and add milk (or milk and water) to moisten well, and some bits of butter. Cover and steam thoroughly.

Fried Salmon Steaks.—Cut slices an inch thick from the middle of the fish, wipe dry and sprinkle on a little salt, then dip in egg and cracker dust and fry in hot salad oil or butter, turning to brown both sides. Drain and serve on hot platter lined with clean paper fringed at the ends; garnish with parsley.

Canned Salmon.—The California canned salmon is nice served cold with any of the fish sauces; mix together yolks of three eggs, half cup each cream and vinegar, two teaspoons brown sugar, salt, pepper, and celery-seed to taste; boil thick like custard and pour over one can salmon. For a breakfast dish, it may be heated, seasoned with salt and pepper, and served on slices of toast, with milk thickened with flour and butter poured over it.

Crimped Salmon.—Take a middle cut of fresh salmon and cut in slices two or three inches thick. Lay in cold salted water one hour; then place in boiling salted water, skim and simmer gently twenty minutes, if very thick slices. Garnish as in boiled salmon and serve with same sauce.

Salmon Pudding.—Chop a can of preserved salmon or an equal amount of cold, either roast or boiled, and rub it in a mortar, or in a bowl with the back of a spoon, adding four tablespoons melted—not hot—butter, until it is a smooth paste. Beat a half cup fine bread-crumbs with four eggs and season with salt, pepper and minced parsley, and mix all together. Put into a buttered pudding mold and boil or steam one hour. Make a sauce with one cup milk thickened with tablespoon corn-starch, the liquor from the canned

salmon, and tablespoon butter, or double the quantity of butter when the liquor is not used, teaspoon anchovy, mushroom or tomato catsup, a pinch of mace or cayenne, and a beaten egg stirred in last very carefully. Boil one minute, and when the salmon is turned from the mold pour the sauce over it. Cut in slices at table. A very nice supper dish.

Stewed Salmon.—Stew a can of salmon in the liquor, (or cold, boiled or roast in a very little water), slightly salted, ten minutes. Have ready in a large saucepan a cup drawn butter thickened with rice-flour or corn-starch. Season with cayenne and salt to taste and stir in carefully two beaten eggs, then the salmon. Let it come to a gentle boil, add two hard-boiled eggs and some capers or green pickles, all chopped fine, and turn into a covered deep dish. Or add the hard-boiled eggs and capers to the stewed salmon, with a tablespoon butter, toss up lightly with a fork, pepper slightly, and heap in the center of a hot flat dish, then pour the boiling sauce over all. Very nice either way.

Sardines.—These are small fish of the herring family and come to us in half pound and pound tin boxes, preserved in oil, averaging from a dozen to twenty-four fish. They are an excellent relish and form a wholesome and agreeable addition to a breakfast, luncheon, or tea. Take out carefully, whole if possible, place on platter and garnish with parsley and slices of lemon, serving a slice with the fish. The *American Sardines*, or shrimps, are used but are larger and not considered as delicate. For *Fried Sardines*, procure largest-sized sardines, remove from oil, place on dish, and let drain a few minutes; dip fish in well-beaten egg, and roll in cracker crumbs; fry brown as fritters or in a little butter or oil; mix oil left in box with cracker-crumbs, make in very small cakes and fry and use as a garnish for the fish, alternated with sprigs of parsley. Serve hot. If one wishes *Home-Made Sardines* can be made: Clean small fish, shrimps are nice, salt slightly and let stand overnight; in the morning drain. Fry in oil, just enough to cook them, then pack in tin cans or boxes, or glass cans, putting them in as closely as possible. Cover with oil, and, if in boxes, solder the tops on; if bottles, screw the covers on tight. Put cans in a kettle of cold water, and bring to a boil as quickly as possible. Let boil about an hour and a quarter, then punch a small hole in tin cans to let out the gas, and seal again immediately. If in glass, unscrew the top and screw it on again as soon as possible. Let stand awhile before using. A favorite Parisian dish is made of sardines carefully skinned and boned, laid on slices of buttered toast, and then put into the oven, with buttered paper over them, to get hot. Before serving, lemon juice is sprinkled over.

Baked Shad.—Open and clean fish, cut off head (or not as preferred), cut out backbone, from the head to within two inches of the

tail, and fill with the following mixture: Soak stale bread in water, squeeze dry; cut a large onion in pieces, fry in butter, chop fine, add bread, two ounces of butter, salt, pepper, and a little finely chopped onion, parsley or sage; heat thoroughly, and when taken from the fire, add two yolks of eggs well-beaten; stuff, and, when full, sew or wind the fish several times with tape, place in baking-pan and cover the bottom of pan with water, adding a little butter, and baste often. When done serve with the following sauce: Reduce the yolks of two hard-boiled eggs to a smooth paste, add two table-spoons olive oil, half teaspoon mustard, and pepper and vinegar to taste. *Planked Shad* is very delicious. Take a heavy oak plank 18x24 inches in size, and about an inch thick. The shad must be a perfectly fresh, solid and firm roe shad; wash, wipe, salt on both sides and lay on board, skin side down; put the roes in their places, and bake from thirty to forty minutes. If it does not brown easily, rub butter over when partly done. The smoking of the wood in the oven adds to the flavor.

Baked Sheeps-head.—When ready for cooking, salt and pepper well, gash the sides in three or four places, mince four onions fine, add one pint bread-crumbs, a little finely minced fat meat, yolks of two eggs; blend all together; season with a little cayenne pepper, salt and thyme; with this stuff the fish and fill gashes on the outside; sprinkle over with flour and black pepper; bake slowly in a large pan with one quart hot water two hours. Serve with any sauce preferred. *Sardine Sauce* is a capital fish sauce. For this bone half a dozen large sardines, make an ordinary sauce of butter and gravy, and in this boil the bones, together with a minced shalot, lemon peel, a bay leaf, and some pepper, and either nutmeg or mace. Boil fifteen minutes, or until all the several flavors have been obtained; then strain the sauce and add to it the sardines, chopped small.

Baked Smelts.—Wash, and dry twelve smelts thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover with fine bread-crumbs, and little pieces of butter. Season with salt, cayenne, and two blades pounded mace, and bake for fifteen minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon. For *Fried Smelts* the fish should be very fresh, and not washed more than is necessary. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread-crumbs, and fry in hot lard as doughnuts to nice pale brown; be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve at once (or the crispness and flavor will be lost,) with plain melted butter. Or place on skewers with thin slices of bacon between the fish; fry in hot lard or oil as above, serving one skewerful, skewer and all, to each person, garnishing with lemon slices. Use either silver



plated or polished wire skewers. They are about three inches long.

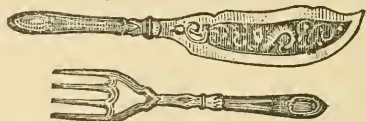
Fried Filleted Soles.—Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. Skin and wash the fish, raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Brush over with egg, and cover with bread-crumbs; fry as doughnuts. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat; or place a sheet of kitchen paper in a dripping pan; place the fillets on that and set in oven a moment or two. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish. Serve hot and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better than when fried whole. Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish. Any fish may be filleted as above.

Baked Sturgeon.—A piece of sturgeon weighing five or six pounds is enough for a handsome dish; skin and put in salted water and parboil for half an hour to remove superfluous oil; prepare a dressing of bread-crumbs, fine bits of fat salt pork, sweet herbs and butter; gash upper end of fish quite deeply and rub this forcemeat in well; place in baking dish on trivet with a little hot water to prevent burning and bake an hour. Serve with a drawn butter sauce in which has been stirred a tablespoon caper sauce and one of walnut catsup or anchovy sauce.

Sturgeon Steaks.—Skin steaks carefully and place in cold salted water for an hour to remove oily taste; wipe dry, broil over hot coals on a buttered gridiron. When done serve on hot platter seasoned with pepper and butter, and salt if needed, and garnish with parsley and slices of lemon. Serve the latter with the fish. Make a sauce by browning tablespoon butter in pan, then add a tablespoon browned flour first wet with a little cold water and then stirred into a half teacup boiling water, season and add a teaspoon Worcestershire or anchovy sauce and juice of a lemon; when it boils serve in gravy boat with the steaks.

Baked Trout.—Scale and scrape clean a seven-pound Lake Superior trout, but do not cut off head or tail; wash inside quickly with cold water and rub well with salt and pepper if wished; then score the top (back) of fish by making gashes two and a half inches long, an inch deep and three inches apart; now stuff with a rather dry dressing made by cutting off crusts from four or five slices bread,

put in pan, pour over a *very little* boiling water, cover tightly with a cloth, and when soft add tablespoon butter, pepper, salt, an egg and the bread from which the crusts were cut. Mix well and add a little seasoning of sage, marjoram, or any mixed seasoning, using only a very small pinch; sew up and tie securely in a circle by placing a string around the back of head under the gills and then around the first score above the tail, and putting the tail in the mouth; cutting a few small gashes in the side of fish next to the inside of circle facilitates the shaping. Beat two eggs and spread over fish, having first placed it on a large tin or earthen plate, putting egg batter well inside the gashes, sprinkle with finely rolled cracker crumbs and put a little butter in each gash and more on top, unless a very fat fish. Place in dripping pan on the plate or trivet in a moderately hot oven and add one quart boiling water and tablespoon salt; in ten minutes baste well and baste *every ten minutes* till fish is done (in two hours). Bake slowly first hour, add more water if needed, then increase heat third half hour so that for last half hour the oven is very hot, thus nicely browning the fish. The basting every ten minutes is very important and must be done to avoid a dried-up, tasteless fish. Slip from plate to hot platter and serve at once, garnished with parsley. The marinade given in preface may be used in place of part of the water, and gives a fine flavor. To serve easily carve with a fish knife and fork. Treat a white fish as above and a delicious *Baked White Fish* will result.



Fish Knife and Fork.

Brook Trout.—Wash and drain in a colander a few minutes, split nearly to the tail, flour nicely, salt, and put in pan, which should be hot but not burning; throw in a little salt to prevent sticking, and do not turn until brown enough for the table. The general defect in cooking trout when fried, is over cooking. They should never be done to a crisp. Fry also in a little butter or oil and omit the flour, frying them perfectly plain. For *Broiled Trout* wrap in a piece of glazed paper, which should be well buttered; sprinkle a very little salt and pepper on them; put them in a double broiler and turn the broiler over from side to side. Serve with lemon juice over them. *Boiled Trout* is better than fried or broiled. Put trout on a napkin, sprinkle with salt, fold together and put in boiling salted water. If they are of medium size will be cooked in two or three minutes. When done place on a clean napkin on a hot platter and serve with fresh butter and boiled potatoes. For *Baked Trout*, dry the fish, do not split them; lay on baking dish, add a little butter, pepper and salt. Serve as soon as done, which will be in fifteen or twenty minutes.

FRITTERS AND CROQUETTES.

Make the fritter batter quickly and beat thoroughly until smooth. A good rule is two eggs, whites and yolks beaten separately, half pint milk, one level teaspoon salt, and pint flour, a tablespoon American cooking oil, or butter, or salad oil, and a seasoning of cinnamon or nutmeg may be added if wished; if the batter is for fish or meat fritters add a saltspoon white pepper and a dash of cayenne. Water may be used instead of milk, with a tablespoon or two of lemon juice if liked, and some add the wetting gradually. The batter for fritters should be just thick enough to drop, not run, from the spoon—do not make too stiff—and should be made an hour before using. Some claim it is better to stand a day, as the grains of flour swell by standing after being moistened and thus become lighter. Add the whites of eggs—and when baking powder is used, that also—*just before frying*. Less eggs are needed with baking powder, using one egg in the above batter with a heaping teaspoon baking powder or teaspoon cream tartar and half teaspoon soda. The fritters are much nicer with the eggs, and without the rising powders, but it is convenient to use the latter when preparing for immediate use. Some use cracker dust instead of flour, thinking it makes the batter lighter. Arrowroot may be used to thicken batters, sauces, etc., making the mixture much more delicate, and with it butter can be omitted. Its thickening property is about three times that of flour. It is better not to use sugar in the batter, as it tends to make it heavy, but sprinkle it over the fritters in the dish when just ready to serve, though in

making fruit fritters some stir in a little sugar. Fruit fritters are made by chopping any kind of fresh or canned fruit fine and mixing it with batter, or by dipping it whole, halved, quartered or sliced into the batter, using a skewer or fork for this purpose, and taking a pint or less of any kind of fruit for the above quantity of batter. The fruit may be improved in flavor by sprinkling sugar and grated lemon or orange peel over it, and allowing it to remain two or three hours, after which drain and dip in the batter as above; or, marinate the fruit in a thin orange or lemon syrup. To marinate anything is to leave it in a composition long enough to absorb the flavor—in this case, from one to two hours. Pork fritters are made by dipping thin bits of breakfast bacon or fat pork in the batter. The common practice is to fry fritters in lard, but the American cooking oil is much superior and no more expensive. It never burns, can be used again and again, and keeps clear and perfectly sweet. Clarified drippings (see index), or half drippings and half lard, is much better than all lard. Have the fat in which to cook them nice and sweet, and heat slowly. Clarified fat boils at about five hundred degrees—more than double the heat of boiling water—and fat actually boiling will burn to a cinder anything that is dropped into it. The proper cooking heat is three hundred and seventy-five degrees, and is indicated by a blue smoke arising from the surface of the fat. When this point is reached, the fat may be held at that degree of heat, and prevented from burning by dropping into it a peeled potato or a piece of hard bread, which furnishes something for the fat to act upon. Generally the cold batter lowers the temperature of the fat sufficiently to keep it at proper cooking heat. The heat may be tested by dropping in a teaspoon of the batter; if the temperature is right it will quickly rise in a light ball with a splutter, and soon brown; drop the batter in by spoonfuls, being careful not to crowd, and fry to a golden-brown, turning with a wire spoon to brown both sides; if the fat is of the right heat the fritters will be done in from three to five minutes and be light and delicious; if they should begin to brown too much check the heat at once; take up carefully *the moment* they are done, with a wire spoon or skimmer, drain in a hot colander, or in a pan with brown kitchen paper or blotting paper in the bottom to absorb the fat, set in oven to keep hot; some drain on an inverted sieve, placing paper both under and over the fritters. Sift powdered sugar over them,

some use a little nutmeg or cinnamon also, and serve hot on a clean napkin to absorb any remains of fat; or line the dish with tissue paper fringed at the ends; paper napkins are nice for this purpose. To keep hot, cover with a *napkin*, never with a dish-cover; the former absorbs the steam that arises, which would otherwise gather on the inside of the cover, and dropping back on the fritters would make them soggy and heavy. A *Fritter Doily*, made of butchers' linen in the shape of a maltese cross, with any pretty design worked in the corners, is a new and happy conceit, as the fritters may be served upon it and the four ends be brought up to cover them. Always serve at once (frying as wanted) with syrup or honey, or any sweet sauce preferred, for which see Puddings.

In all the recipes that follow, the mode of testing the fat and frying is the same as given above. A tablespoon of batter makes a fritter of the usual size, a teaspoon about the size of an oyster.

Fritters bear a bad reputation, but when *properly* made, and eaten occasionally for a change, are quite as wholesome as many of the messes recommended as food for dyspeptics

Apple Fritters.—Make a batter in proportion of one cup sweet milk to two cups flour, a heaping teaspoon baking powder, two eggs beaten separately, one tablespoon sugar, and saltspoon salt; heat the milk a little more than milk-warm, add slowly to the beaten yolks and sugar, then add flour and whites of eggs; stir all together and throw in thin suces of good sour apples, dipping the batter up over them; drop in lard in large spoonfuls with piece of apple in each, and fry to a light brown. Serve with maple syrup or a nice syrup made of sugar. Another way of making is to beat three eggs very lightly, stir in one teaspoon salt, one-half cup sugar, one pint milk, two cups chopped apple and two cups flour. Flavor with nutmeg. Stir all well together and fry as directed in preface; sift sugar over them and serve. Or, peel, steam and pulp six good sized apples, add juice two lemons, four well-beaten eggs, sugar to taste and a little cream. Mix thoroughly, roll into balls with enough cracker dust or fine bread-crumbs to keep in shape and fry as above. Serve strewn with powdered sugar. A very nice way of preparing the apples is to pare and cut them across in slices about an inch thick, then with the corer remove the core from each slice, leaving a round opening in the center. Dip into the batter and fry each slice separately, lay them in a dish in a circle overlapping one another, sprinkle with sugar, and serve with a sweet sauce in the

center. *Orange Fritters* are prepared as above, and make a delicious desert.

Apricot Fritters.—Cut apricots in quarters, remove skins carefully and soak for an hour in orange syrup, drain on a sieve and dip each piece into this batter: Mix with one and one-half pints flour two tablespoons butter, two yolks of eggs and a little salt; stir in slowly and a little at a time a tablespoon more than a pint lukewarm water, and work the batter with a wooden spoon until it looks creamy, then add well-whipped whites of three eggs. Fry a golden brown color, place in a dish, sift powdered sugar over, and send to table with a custard poured around them, dipping a spoonful over each fritter in serving. Fritters may be prepared as above with any stoned fruit.

Banana Fritters.—One cup flour, yolks of two eggs, pinch of salt, two tablespoons melted lard or butter, water to make a batter as above. Add the whites beaten to a stiff froth, and stir in lightly three or four bananas cut in slices. Dip with a spoon and fry as directed in preface. Dust with powdered sugar and serve with whipped or plain sweetened cream. This will make a dessert for eight persons.

Berry Fritters.—One and a half pints flour, gill cream, or tablespoon melted butter, pint milk, six eggs, teaspoon salt; mix well and add either blackberries, currants, gooseberries or raspberries and fry by spoonfuls. Eat with a hard sauce.

Brain Fritters.—Beat one egg and a half cup sweet milk with sufficient flour to make a thick batter, seasoning with salt and pepper to taste. Beat well and stir in beef or pork brains. Drop by spoonfuls, and fry in hot fat. Considered by some superior to oysters cooked in same way.

Cake Fritters.—Take six or eight stale small sponge cakes and roll or pound fine; pour a cup boiling hot cream over them and stir in tablespoon corn starch wet with a little cold milk; cover for half an hour, then beat until cold and add the yolks of four eggs, beaten light and strained, the whipped whites, then a quarter pound currants thickly dredged with flour. Beat all well together. Drop from tablespoon, fry quickly and serve hot with any nice sauce. Or, make a sponge-cake batter, drop by teaspoonfuls and fry as above. Serve for dessert with a hot sauce.

Celery Fritters.—Boil thick but tender stalks of celery in salted water; when done dry on a cloth, cut in equal lengths about one and a half inches; fry in batter to a golden color, sprinkling fine salt well over, and serve. If wanted extra nice cut a half dozen stalks tender, well blanched celery into pieces an inch or two long

and boil in salted water until tender. While boiling make a batter as follows: Mix smooth the yolk of a raw egg and a tablespoon salad oil; add a little salt, pepper and grated nutmeg, sift in a half pint flour and add water to make a batter that will drop from spoon. Just before using add whipped whites of two eggs. Dip the cooked celery in this and fry a delicate brown in hot fat; drain and serve *at once*.

Clam Fritters.—Wash one dozen hard or soft shell clams, divide soft and hard parts of each clam, boil the latter in water half an hour, or till tender, drain, chop fine and add the water in which they were cooked, also the soft parts, yolks of two well-beaten eggs, saltspoon salt, dash or two of cayenne, half pint milk, whites of eggs, and flour so that batter will drop from spoon; fry as above. Or, make a batter with juice, an equal quantity of sweet milk, four eggs to each pint of liquid, and flour sufficient to stiffen; add chopped raw clams, or dip in the whole clam and fry.

Corn Fritters.—To one quart grated raw sweet corn, (fifteen common-sized ears) add yolks of three eggs and scant three-fourths pint cracker-crumbs; if corn is not juicy use less, making batter *only* stiff enough to drop from spoon. Beat very thoroughly, season with salt and pepper, add well-frothed whites, and drop with teaspoon and fry; turn out and drain as directed. Serve hot, using the fritter doily in dish, or place an ordinary napkin under and over. Some add to this batter a piece of salt codfish, size of a silver dollar, shredded very fine, as this gives the peculiar oyster taste, and hence the name sometimes given them of *Corn Oysters*. Above proportions make six dozen fritters, and are very easily made. Or, for *Dried Corn Fritters*, grate corn as above and dry on plates so as to preserve all the juice, as in recipe for drying corn, or better on the evaporator hereafter described. To make, soak the grated corn overnight in water or milk, and add eggs and crackers as above. These are as delicious as when made from raw corn, and well repay the trouble of drying the corn.

Corn Meal Fritters.—Beat and strain the yolks of four eggs; add one tablespoon each sugar and melted butter, one teaspoon salt, one-half teaspoon soda dissolved in hot water, a pint each milk and best corn meal, (sugar may be omitted). Beat hard five minutes and stir in the whipped whites of the eggs and a half cup flour into which a teaspoon cream tartar has been sifted. Beat again thoroughly, adding more milk if necessary to make it drop from the spoon; fry, drain and serve at once with a hard sauce.

Cream Fritters.—Whip the whites of five eggs and stir into one cup cream, add two full cups flour, a saltspoon nutmeg, a pinch of salt, and teaspoon baking powder. Beat hard two

minutes, fry by spoonfuls, drain and serve hot on napkin. Eat with jelly sauce.

Currant Fritters.—Put a half pint milk into a bowl with two tablespoons flour, which should previously be rubbed smooth with a little cold milk; stir well together and add four well-beaten eggs, three tablespoons each boiled rice, and fresh or dried currants, sugar and nutmeg to taste. Beat the mixture a few minutes, and if not thick enough add a little more boiled rice; fry by spoonfuls a nice brown, pile on a white napkin, strew sifted sugar over and serve very hot with a garnish of sliced lemon.

Egg Plant Fritters.—Take a large-sized egg plant, leave on stem and skin and boil in porcelain kettle until very soft, just so that it can be taken out with the aid of a fork or spoon; take off all the skin and mash very fine in an earthen bowl. When cold add teaspoon salt, plenty of pepper, two tablespoons flour, a half cup cream or milk and three eggs. Have fat hot, drop in batter as for any fritters and brown nicely on each side.

Grape Fritters.—Cup flour, yolks of two eggs, two tablespoons salad oil, pinch each spice and salt, and enough cold water to make a batter about like sponge cake. When mixed smoothly add whites of eggs beaten to stiff froth. Dip little clusters of grapes in the batter and fry in smoking hot fat. Take up, drain, dust with powdered sugar, and serve either hot or cold as a dessert.

Hominy Fritters.—Mix well one pint boiled hominy, one gill cream, two tablespoons corn starch, two eggs, half teaspoon baking powder, saltspoon salt. If too stiff add a little more cream or milk. Fry, drain and dust as above, and serve with any sauce liked.

Italian Fritters.—With a wooden spatula stir rapidly into one pound sifted flour one and a half pints boiling water. Add three or four eggs, one at a time, and beat well in, thus forming a very delicate batter paste. Press this through a syringe or confectioners' bag into hot lard, and as soon as a bright yellow color they are done. Drain in colander, pile on a dish and powder plentifully with fine sugar. This is a favorite dish in Italy, called there "cinci." May be served with a sauce if liked.

Lemon Fritters.—Three eggs, one pint flour, three-fourths teacup powdered sugar; beat the yolks well, add flour and enough milk—about a gill—to make a stiff batter; beat the whites stiff with the sugar, the juice of a lemon and some of the yellow peel grated off, or teaspoon extract of lemon, and beat into the batter just before frying.

Lobster Fritters.—Put one lobster in two quarts boiling water with a half cup salt, and boil twenty-five minutes; when cold

remove the meat and fat and cut into small slices; put into a saucepan a tablespoon each butter and flour, a cup cream, little celery, salt, thyme, white pepper, and a saltspoon parsley; let boil two minutes and add yolks four eggs and the lobster; mix and set back to simmer five minutes; pour it out on a well greased dish and set away to get firm by cooling; cut into slices, dip into fritter batter, (see preface) and fry as directed. Serve on the fritters a few sprigs of parsley, quite dry, fried in lard fifteen seconds.

Mince Meat Fritters.—Mix half pound (about one pint) mince meat, four tablespoons bread-crumbs or one tablespoon flour, two eggs and juice of half a lemon; beat well together and fry as directed.

Nutmeg Fritters.—One cup sugar, butter size of hickory nut, one and a half cups sour milk, one teaspoon soda and a little nutmeg. Stir in flour till thick as fruit cake; drop a teaspoon at a time in hot fat. Very nice for breakfast with coffee.

Orange Fritters.—Make a nice light batter with one pint flour, tablespoon butter, half saltspoon salt, two eggs and sufficient milk to make it proper consistency; peel oranges, remove as much of the white skin as possible, and divide each orange into eight pieces without breaking the thin skin, unless necessary to remove pips; dip each piece of orange in the batter, drop in hot fat, and fry a delicate brown. Serve sprinkled with powdered sugar. Or, cut oranges in slices across, take out all seeds, dip slices in batter, fry and serve as above.

Oyster Fritters.—Drain one dozen oysters and dry thoroughly in a towel; make a batter of two cups flour, yolk of one egg, tablespoon salad oil, saltspoon salt, dust of cayenne, well-beaten white, chopped oysters, and sufficient oyster liquor to make a batter thick enough to drop from spoon. Or, leave oysters whole and dip singly in batter, using a fork or skewer, and fry. For latter way have batter thicker than if chopped oysters are used. One cup milk may be substituted for the liquor, and some add half teaspoon lemon juice.

Parsnip Fritters.—One cup dry mashed parsnip, tablespoon each butter and flour, an egg, and salt and pepper. Stir all together; drop by spoonfuls and fry as directed.

Peach Fritters.—(With yeast.) Sift a quart flour into bowl, add a cup milk and half cup yeast, and set in warm place to rise. This will take five or six hours. Then beat four eggs very light, with two tablespoons each sugar and butter and a little salt; mix with the risen dough and beat thoroughly with wooden spoon. Knead with the hands; pull off bits of dough about the size of an

egg, flatten each and put in the center a peach, from which the stone has been taken through a slit in the side; enclose it in the dough, make into a roll and set in order upon a floured pan for second rising. The balls must not touch and should be light in an hour. Have ready a large kettle or saucepan of hot lard, drop in the balls and fry more slowly than fritters made in the usual way. Drain on hot white paper, sift powdered sugar over and serve hot with rich sauce. These fritters may be made of canned peaches or apricots drained and wiped dry.

Pineapple Fritters.—Pare a pineapple with as little waste as possible and cut into rather thin slices; soak the slices four hours in a lemon syrup, dip into the fritter batter given in preface and fry. Serve quickly, strewn with sifted sugar. A very elegant dish.

Potato Fritters.—Boil two potatoes, and beat up lightly with a fork—do not use a spoon, as that would make them heavy. Beat yolks of four eggs well, add two tablespoons each cream and orange juice, two-thirds tablespoon lemon juice and half teaspoon grated nutmeg and beat all together for at least twenty minutes, or until the batter is extremely light; then add well frothed whites of three eggs and fry as directed. Serve with the following hot sauce: Four tablespoons orange juice and half pint boiling water, mixed with the strained juice of a lemon, warmed together and sweetened with white sugar. Or scoop out the insides of four nicely baked potatoes and make as above, using four tablespoons cream and adding two of powdered sugar; flavor with juice of a lemon and half the grated peel, or a half teaspoon vanilla.

Queen Fritters.—Put three heaping tablespoons flour into a bowl and pour over it enough boiling water to make a stiff paste, stirring and beating well to prevent lumps. Let cool, break into it (without beating) yolks of four eggs and whites of two, and stir and beat all well together; drop by dessertspoonfuls, and fry a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between the fritters. Excellent for a hasty addition to dinner, when a guest appears unexpectedly; easily and quickly made, and always a favorite.

Rice Fritters.—Boil one cup rice in one pint milk until soft; add yolks of three eggs, one tablespoon sugar, two tablespoons each butter and flour; when cold add the whites of the eggs whipped to a stiff froth; drop in spoonfuls and fry a light brown. Serve with sweetened cream or lemon sauce. To make nice fritters with marmalade cook seven tablespoons rice in a quart milk, with six tablespoons sugar and one of butter, over a slow fire until perfectly tender, which will be in about three-quarters of an hour; then strain

away the milk, should there be any left, and mix with it six table-spoons orange marmalade and four well-beaten eggs; stir over the fire until the eggs are set; then spread mixture about half an inch thick, or rather thicker, on plate or board. When perfectly cold, cut into long strips, dip in batter and fry a nice brown. Dish on a white doily, strew sifted sugar over, and serve quickly. Another excellent way is to soak a cup rice, three hours in enough warm water to cover well; then put it into a farina-kettle, set in an outer vessel of hot water, and simmer until dry. Add two cups milk and cook until it is all absorbed. Stir in one tablespoon butter and take from fire. Beat three eggs very light with three table-spoons sugar, and when the mixture is cold stir them in with a flavoring of nutmeg and a little salt. Make into round flat cakes. Place in the middle of each two or three raisins which have been "plumped" in boiling water, roll the cake into a ball enclosing the raisins, flour well and fry in hot fat. Serve on a napkin, with sugar and cinnamon sifted over. Eat with sweetened cream, hot or cold. Or scald nine table-spoons rice and boil it in just enough milk to keep rather thick. When partially cooled mix with it a lump of butter, four table-spoons grated cheese and yolks of three eggs. Season to taste, drop into hot fat by spoonfuls and fry a nice brown. Arrange in a circle on a napkin lapping over one another and serve.

Rye Fritters.—Two eggs, three cups flour, one cup rye-meal, one teaspoon soda, two of cream tartar, one cup sugar, a little salt; mix with milk or water, drop from a spoon into hot lard.

Sandwich Fritters.—Cut thin slices of bread and butter them; spread half with any jam that may be preferred, and cover with the other slices; slightly press together, and cut in square, long, or round pieces. Dip in a batter, prepared as in preface, and fry in hot fat for about ten minutes; drain and sprinkle over with sifted sugar, and serve.

Snow Fritters.—The success of these depends upon using snow that has just fallen and is full of bubbles of air, which makes them light. Have the fat hot, and make a thick batter of a pint milk, level teaspoon salt, and sifted flour to make thick enough so that when dropped the batter will cling for a moment to the spoon; when the fat begins to smoke, stir into the batter very quickly a cup newly fallen snow and fry at once by tablespoonfuls. If the batter stands after snow is added the fritters will not be light, because the air will soon escape from the batter. Serve with syrup, sugar and butter, or any sauce preferred. Some add an egg and an apple chopped fine.

Walnut Fritters.—Take two-inch squares of baked "walnuts" rolled very thin, marinade in orange syrup and dip in batter and fry.

Vanities.—Beat two eggs, stir in pinch salt and a half teaspoon rose-water, add sifted flour till just thick enough to roll out, cut with a cake-cutter, and fry quickly in hot fat. Sift powdered sugar on them while hot, and when cool put a tea-spoon jelly in the center of each one. Nice for tea or dessert.

Croquettes.

To make croquettes successfully has been said to require both painstaking and practice, but by observing the directions given here and in the recipes that follow, one who has never before attempted these dainties may, with a few odds and ends from the breakfast or dinner table, create surprisingly tempting dishes, both to the eye and the palate. All ingredients must be thoroughly mixed; when meat is used all bits of bone, gristle, skin and fat must be carefully removed and meat chopped very fine, and the whole mixture made as moist as can be handled. Very dry or tough meat is not suitable for croquettes; tender, roasted pieces give the best flavor. When the mixture is to be cooked it is only necessary to thoroughly heat through, and it must then stand until cold before shaping. If too moist add a little cracker-dust or crumbs, if too dry a little cream or yolk of an egg. Use white pepper for seasoning.

Croquettes may be made into flat, oval, pear or egg shapes, balls and rolls, of which the latter are most easily made, but the pear shape is the handsomest; when fried and ready to serve make an incision in the stalk end and insert a piece of citron an eighth of an inch square and about an inch long for a stem, and a clove for the blossom; great care is required in shaping and frying. When



Croquettes.

shaped as rolls they should be about three inches long, and are made by taking the desired quantity of the mixture and rolling it very gently on a board sprinkled lightly with fine bread-crumbs or cracker-dust. Handle very carefully, slightly flouring the hands, as the slightest pressure will break them. Let them lie on the

board until all are finished, when if any have flattened they must be rolled into form again. When croquettes are shaped have ready some well-beaten eggs in a soup plate or shallow dish—the number will of course depend upon the number of croquettes—and some finely rolled bread or cracker-crumbs or cracker-dust on a board, or sheet of clean brown paper. Save all bits of bread for such purposes, and prepare by drying in the oven and rolling *very fine*, as fine as possible, keeping in a covered box, tin can or glass jar, or in a closely tied paper sack, in dry place. Cracker-dust may be bought at almost any grocery. The croquettes may be single-breaded, double-breaded or double-egg-breaded, according to the amount of moisture they contain, and must always be so thoroughly encased in the egg and crumbs that the fat may not penetrate them. To *Single-bread* simply coat with the beaten egg first (either by dipping the croquettes into it or brushing them over) and then roll them in crumbs, beginning with those that were first egged and proceeding in that order until all are done. *Double-breading* is rolling them first in the crumbs, then coating with beaten egg, and again rolling in the crumbs. To *Double-egg-bread*, dip first in egg, then roll in crumbs, dip again into the egg, and roll in crumbs again. The croquettes are very much nicer to let stand fifteen minutes after they are crumbed before egging and breading again, and from a half hour to an hour before frying, which dries the eggs and crumbs thoroughly into a sort of shell. The improvement in appearance and lightness will well repay one for the extra time and trouble. When double-egg-breading some think the croquettes much handsomer to roll the last time in rather coarse bread-crumbs, using either cracker-dust or fine crumbs for first breading. It is also recommended to add to the eggs to be used in breading a mixture of oil, water and salt, in the proportion of one tablespoon each oil and water and a little salt. Use either American cooking oil or salad oil. Fry in hot fat or oil, as fritters, a few at a time (a frying basket is very convenient for this purpose), cooking until a rich brown color, which will take a minute or two; then take up, drain, and serve as directed for fritters. Or they may be fried in frying-pan in a little butter or drippings, but are not as nice. In making croquettes after recipes given, any seasoning or flavoring not liked may be omitted and



Frying Basket.

another substituted for it or not as preferred. Croquettes may be fried without breading if making in a hurry, by simply rolling in flour, without using the eggs, but the result will not be so satisfactory or pleasing.

A pretty breakfast dish may be made of croquettes of fish, lobster, fowl or meat in the shape of hen's eggs heaped upon a dish and surrounded by very thin strips of fried potato, arranged to look as much as possible like straw, and garnished with *croutons* of bread. Corn fritters and any good meat croquettes are nice served together at tea or luncheon on same platter, neatly arranged heaps of fritters on one end of platter and croquettes on the other, placing two fritters and two croquettes upon each plate.



Bread Croquettes.—Cut the crust from a stale loaf of bread or rolls, and cut into balls, squares, circles, diamonds, etc. Soak them in a shallow dish containing a cup milk with two teaspoons sugar and a flavoring of cinnamon and nutmeg (some add a beaten egg), turning occasionally until the whole is absorbed; or, soak them in a thin custard flavored with lemon-zest, vanilla or rose-water. Do not let them become moist enough to break. Bread and fry as directed in preface, and serve with lemon sauce.

Chicken Croquettes.—Take cold minced chicken and bread crumbs in the proportion of one-fourth as much bread-crumbs as meat, and one egg beaten light to each cup of meat, with gravy enough to moisten the crumbs and chicken—or, if there is no gravy, a little drawn butter or cream; add pepper, salt and chopped parsley to taste, and mix with meat the yolks of two hard-boiled eggs rubbed fine with a spoon. Mix all into a paste, shape into balls with floured hands, double-bread them and drop into hot lard. Drain and serve in a heated dish, garnished with cresses or parsley. Mashed potato may be used instead of bread-crumbs, taking two-thirds as much potato as meat. Or, fry three shallots in butter, add half pint chopped chicken, dredge in teaspoon flour, season with pepper, salt, mace, pounded sugar, and add sufficient white sauce to moisten it; stir in yolks of two well-beaten eggs, and cool. Then make mixture up in balls, single-bread and fry a nice brown. They may be served on top of border of mashed potatoes with gravy or sauce in center. Or, chop cold chicken with a few slices ham, fat or lean, add half as much bread-crumbs, season with salt and pepper, a little nutmeg, teaspoon each made mustard and catsup and tablespoon butter; mix and work well together, make

into cakes, single-bread and fry; or another good proportion is a full pint cooked and finely chopped chicken, one tablespoon each flour and salt, half teaspoon each pepper and onion juice, one cup cream or chicken stock, and three tablespoons butter. Boil the cream or stock, add chicken and seasoning and boil two minutes; stir in two well-beaten eggs and take from fire immediately. When cold, shape, roll in crumbs and fry. Finely chopped onion is often used instead of onion juice, and chopped mushrooms are a nice addition. Chopped parsley, thyme, sage, mace, nutmeg, or any seasoning liked, may be employed, and some prefer cracker-dust to bread-crumbs. The meat of any fowl may be used, and *Veal, Mutton and Ham Croquettes* are made in same way, or half veal and half ham is a nice mixture. Ham and chicken mixed is also good. For a more elaborate dish make the *Croquettes with Truffles*: Cut cold roast chicken into tiny squares; take same quantity of truffles, diced, and mix all with some thick, well-seasoned white sauce, into which has been stirred some chopped mushrooms, onions, and yolks of two eggs. Make into balls or any shape fancied, single-bread and fry. Garnish with fried parsley.

Chicken Croquettes with Brains.—Chop fine the meat of one cold boiled chicken and add to it the finely chopped meat of two or three calves' brains, first soaking them in cold salted water one hour, then skinning and placing in cold salted water and a little vinegar and boiling ten to fifteen minutes; season the mixture with salt, pepper, finely-chopped parsley, lemon juice, and a little grated lemon-peel, and add three-quarters cup butter. If too stiff add a little cream. The softer and more creamy they are the better—just so they will hold together; shape, double-egg-bread and fry. Serve with tomato sauce with sliced mushrooms; or, for a *Triple Croquette*, prepare as above half a chicken, one sweet-bread boiled till tender, and one brain, and to the finely-chopped mixture add a well-beaten egg, teaspoon chopped parsley, and salt and pepper to taste. Put in stewpan half pin cream and add one tablespoon corn-starch, first mixed smoothly with a little of the cream, then add the chopped and seasoned mixture and stir till it bubbles. Take off, and when cold shape and double-egg-bread; fry in basket as directed in preface.

Chicken Croquettes with Sweetbreads.—Take the white meat of a chicken and pound it to a paste with a large boiled sweetbread freed from sinews; beat one egg with a teaspoon flour and four tablespoons cream, and add, with salt and pepper, mixing all well together; put in a pan and simmer just enough to absorb part of the moisture, stirring constantly; turn out on flat dish and set in ice-box to become cold and firm, then roll into small neat shapes of cones, rolls or balls, handling carefully, and fry a delicate brown. Some add a little grated nutmeg. Or, for a *Royal Sweetbread*, stir

two tablespoons butter and one of flour in stewpan over fire; when it bubbles add little by little one pint cream, then the finely-chopped meat from two sweetbreads soaked five minutes in boiling water, and one boiled chicken, dark and white meat, seasoned with one tablespoon each onion juice (or half teaspoon grated onion) and chopped parsley, one teaspoon mace, and salt and pepper to taste. Stir till well heated, take from fire, add lemon juice and let cool. When cold roll into shape with fine cracker-crumbs and double-egg-bread as directed, letting them stand till dry after rolling in cracker-crumbs first time, and then using rather coarse bread-crumbs for last rolling. Or, for *Croquettes with Bread Crumbs*, take after chicken and sweetbreads are finely chopped and seasoned as above (without the lemon juice) an equal quantity of fine bread-crumbs. Place in stewpan as much broth from boiled chicken (having saved it all) as will moisten the crumbs, in proportion of about half pint to a pint crumbs; add four tablespoons cream and two of butter; when boiling add crumbs till they adhere to spoon. Mix with meat and when cool add two well-beaten eggs and mold into croquettes; double-bread and fry as above.

Crab Croquettes.—Boil two crabs fifteen minutes, remove the meat from the shells and chop it coarsely. Melt three tablespoons butter in a saucepan, stir into it six tablespoons flour and add to this by degrees a half pint milk. When this is brought to the boiling point let it boil for two minutes and take from fire. Throw into the saucepan the meat from the crabs, add to the mixture one grain cayenne, half teaspoon pepper, teaspoon each anchovy sauce and salt, and when thoroughly mixed turn it out upon a plate and let cool. When quite cold form into small rolls three inches in length, single-bread and fry; serve on a folded napkin garnished with sprigs of parsley.

Cream Croquettes.—Put stick cinnamon one inch long in pint new milk in custard kettle. When hot stir in three tablespoons sugar, two of corn-starch and one of flour, the two latter rubbed smooth with two or three additional tablespoons cold milk; let cook ten or fifteen minutes, stir in beaten yolks of three eggs, take out cinnamon and place inner kettle on table and stir in half tablespoon butter and half teaspoon vanilla. Pour on a buttered platter till one-half inch high; when cold cut in two-inch squares, carefully double-bread with cracker-crumbs, having the beaten egg slightly sweetened. Fry as directed and place on papered pan in oven for five minutes to drain and soften the croquettes. Serve hot on a hot dish—this is imperative—first sprinkling with sugar. A richer cream may be made by using three tablespoons butter, two whole eggs, and four additional yolks. Either is simply delicious.

Hominy Croquettes.—Pour one and a half pints boiling water on a half pint hominy, stir, cover and boil slowly, stirring occasion-

ally for twenty minutes, or until the water is absorbed and the hominy rather stiff; add one and a half gills milk and teaspoon salt, stir thoroughly, cover and let stand ten minutes, cooking again if necessary, very slowly; it should be like a tolerably thick batter, but not too thick to drop. Beat in a tablespoon butter and pour the whole into a shallow pan to cool—if allowed to get cold it will be too stiff. Make into balls the size of an egg, single-bread and fry. This quantity should make fifteen croquettes. Or, to make with cold hominy, work two tablespoons melted butter with two cups cold boiled hominy, add two well-beaten eggs and a pinch of salt, beat thoroughly and make into balls or rolls. Some add a cup milk by degrees and two teaspoons sugar. Single-bread them and fry. Serve with syrup or a sweet sauce.

Lobster Croquettes.—Finely chop the meat of a lobster, work in two tablespoons butter—melted, but not hot—then a teaspoon each anchovy sauce and lemon juice, a little salt, pepper, mace and lemon peel, two raw eggs, and lastly a half cup bread-crumbs. Make into egg shapes, single-bread them and fry quickly. Drain thoroughly and serve very hot. These croquettes are delicious. The dish should be garnished with slices of lemon. Pass milk or cream crackers with them.

Meat Croquettes.—Take cold chicken, or roast or boiled beef or veal, mince very fine, moisten with cold gravy if at hand, or moisten well, and add one egg, season with pepper, salt, and an onion, or sage; make into small cakes or rolls, single-bread, and fry in lard and butter. One cup fresh boiled rice may be added before making into cakes. Or, take one-quarter as much cold potato, either mashed or chopped and pounded fine, as cold cooked beef or meat of any kind, chopped very fine, with gravy or cream enough to moisten, add one beaten egg and pepper and salt to taste, with a pinch of marjoram; mix, season, and form into balls. Double-bread them and fry in hot lard to delicate brown. Drain and serve hot. Bread-crumbs may be used instead of potato, using half and half, or any proportion wished; or one-third meat, potatoes and bread-crumbs. For *Fresh Meat Croquettes* take any fresh meat, beef, veal or mutton, and grind through a small meat cutter, or chop and pound very thoroughly to a jelly, then add quarter as much either bread-crumbs or potatoes; add egg, etc., and finish as above. Or, prepare meat as above, add pepper and salt, and one-fourth as much bread-crumbs as meat, moisten with a little boiled milk that has cooled, add one egg, a little chopped onion, and single-bread and fry in a little butter, or immerse in hot fat



Meat Croquettes.

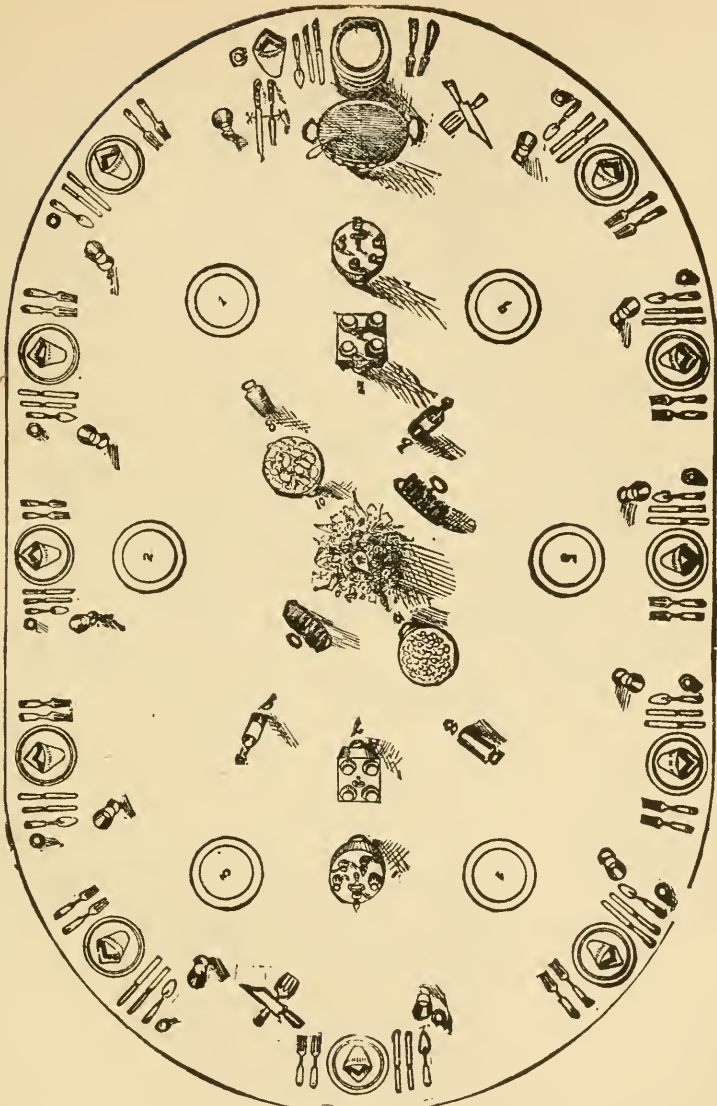
Oyster Croquettes.—Take half pint each raw oysters and cooked veal, a heaping tablespoon butter, three of cracker-crumbs,

yolks of two eggs, one tablespoon onion juice; chop oysters and veal very fine, soak the crackers in oyster-liquor, and then mix all the ingredients and shape, single-bread in cracker-dust and fry. The butter should be softened before mixing.

Parsnip Croquettes.—Boil six parsnips till tender; when cold grate and mix with two eggs, season and add flour, and shape into balls, single-bread or not, and fry by immersion; or fry plainly in a little oil, drippings or lard.

Potato Croquettes.—Two cups cold mashed potatoes, two well-beaten eggs, one tablespoon melted butter, a teaspoon fine bread-crumbs, salt, pepper and a little chopped parsley, or other seasoning to taste. Mix well, make into balls, single-bread and fry. Or, melt butter in saucepan, add two tablespoons milk, let boil; then add potatoes first pressed through sieve, stir well together till potatoes are very hot; take from fire, add pepper, salt and cayenne, drop in yolks of two eggs, and stir till the heat of potato dries the egg; let cool and roll into small balls with a little flour to prevent sticking to hands, and then single-bread, using the whites of the two eggs. The yolks give the croquettes a rich yellow color; if whites were added to croquettes they would be difficult to form into balls and the color would not be so fine.

Rice Croquettes.—Put three-fourths pound of rice over the fire in a quart milk and simmer slowly twenty minutes; remove from fire, stir in beaten yolks of two eggs, a teaspoon lemon juice, saltspoon salt, and three tablespoons sugar; beat all thoroughly together, turn into a bowl and let stand until cool, then make into balls; beat the whites of two eggs until quite light but not to a firm froth, dip the balls into this, then into fine bread-crumbs and fry. Serve thickly sprinkled with sugar. Or, take one large cup cooked rice, half cup milk, one egg, one tablespoon each sugar and butter, half a teaspoon salt, slight grating of nutmeg. Put milk on to boil, and add rice and seasoning. When it boils up, add the egg, well beaten, stir one minute, then take off and cool. When cold, shape, single-bread, fry, and serve very hot. Any flavoring can be substituted for the nutmeg. For nice croquettes without eggs put a quarter of a pound of Carolina "head" rice—or nine tablespoons—a pint milk, three tablespoons powdered sugar, butter size of a walnut, and a teaspoon extract vanilla into a saucepan and simmer gently until the rice is tender and the milk absorbed. It must be cooked until thick and dry, or it will be difficult to mold into croquettes. Beat thoroughly three or four minutes; turn out on a flat tin, and when cold and stiff form into balls, single-bread them and fry.



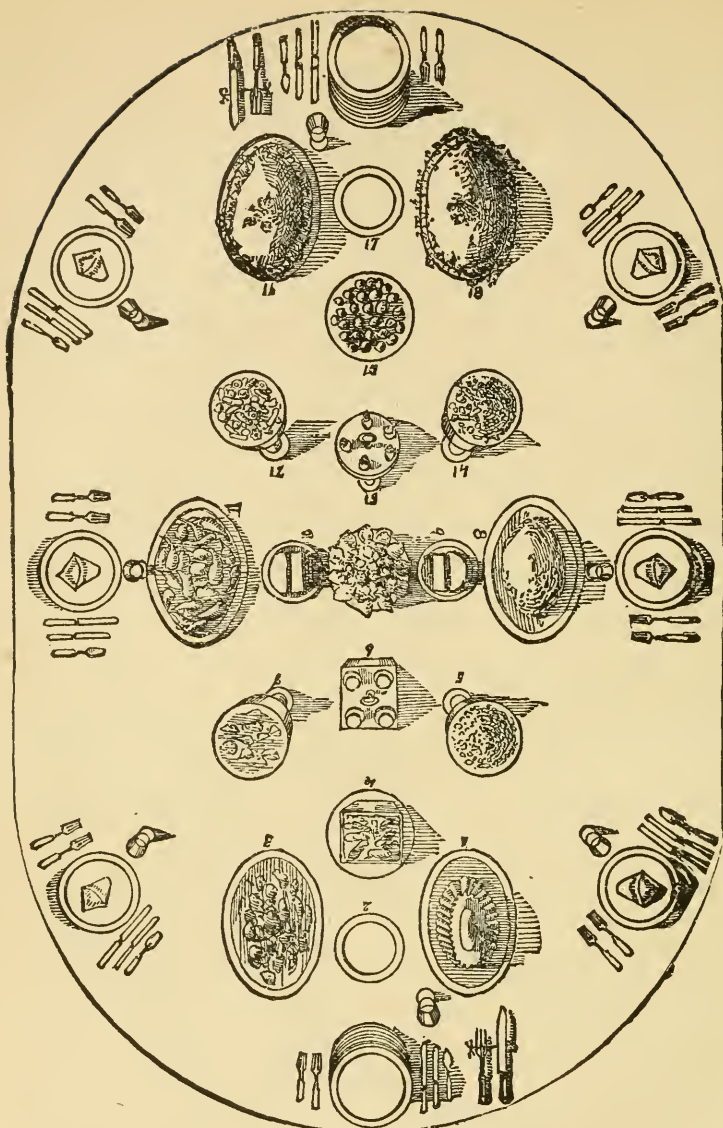
DINNER OF FIVE COURSES.

For ten persons, with 12 covers laid, two extra covers are for accidental guests.

FIRST COURSE—SOUP.

- | | |
|-------------------------------------|--|
| 1. For dessert or fancy pieces. | 6. For dessert or fancy pieces. |
| 2. Cake, pastry, biscuit or sweets. | 7. Cruet. |
| 3. For dessert or fancy pieces. | 8. Chutney. |
| 4. For dessert or fancy pieces. | 9. Worcestershire sauce. |
| 5. Cake, pastry or sweets. | 10. Oyster crackers and soda crackers. |

When wines are to be served, four decanters containing the different kinds should be placed between the crackers and toast, another may stand at the right of the host, and still another at right of hostess. The wine glasses, one for each kind, are placed near the glass of water (see diagram,) at the plate of each guest.



WINTER LUNCH.

FOR 8 COVERS.

1. Vegetable salad.
2. Preserved fruit, fruit jelly, etc.
3. Oyster salad.
4. Potato puffs.
5. Small fancy cakes.
6. Cruet.
7. Bon bons.
8. Baked Sweet potatoes.
9. Bread.
10. Brown bread.
11. Macaroni with tomato sauce.
12. Nuts.
13. Pickles.
14. Preserved fruits.
15. Charlotte russe.
16. Cabinet pudding with cream sauce.
17. Preserved fruit, fruit jelly, etc.
18. Braised beef.

Flowers in the center.

A very excellent recipe for croquettes when one has to prepare them hastily and has not time to bread them, is one cup cold boiled rice, a teaspoon each sugar and melted butter, half teaspoon salt, one egg beaten light, eight crackers rolled fine, and a little sweet milk; mix all well together, make into oval cakes and fry in butter till a nice yellow brown. Syrup, or a nice sweet sauce, should be served with rice croquettes.

Rice Ball Croquettes.—Boil a half pound rice—or eighteen tablespoons—in a quart stock, broth or water very gently for half an hour, add three tablespoons butter and simmer until quite dry and soft. When cold make into balls and fill with the chopped meat of a cold fowl, mixed with six tablespoons each white sauce and broth, which should be rather thick; cover over with rice, single-bread them and fry. Garnish with fried parsley. Oysters, white sauce, or a little cream may be stirred into the rice, if liked, before it cools. Or, for a dessert dish, boil the rice in milk, with three or four tablespoons sugar, flavor with lemon peel, vanilla or bitter almonds, and make into balls with a small piece of jelly or jam in the center of each, bread them and fry.

Salsify Croquettes.—Wash, scrape and boil the salsify till tender; rub it through a colander, and mix with pulp a little butter, cream, salt, cayenne and lemon juice; mix ingredients thoroughly together to a smooth paste, and set dish in ice-box to get cold; then shape it into small cakes or cones, single-bread and fry crisp and brown.

Venison Croquettes.—Three-fourths pint chopped venison, one-fourth pint stale bread, crumbed fine, one cup gravy thickened with browned flour, one teaspoon jelly, a pinch of mace, very little grated lemon peel, and chopped parsley to taste. Stir the jelly into the gravy with the seasoning; with this mix the meat and crumbs, add the beaten egg, make into rolls, single-bread them and fry. *Mutton Croquettes* are nice made same way.



Venison Croquettes.

FRUIT.

Fruit is very generally and erroneously regarded as a luxury rather than as a valuable, even necessary, article of food, and many housekeepers who now stint this supply for economy's sake would do better to banish rich pastry entirely from their tables and substitute instead an abundance of fruit. Acid fruits furnish oxygen in abundance, and consequently assist in the assimilation of the carbonaceous elements of food. If the diet is largely made up of fats, sweets and starchy foods, which are mostly carbon, a great deal of oxygen is needed to carry on the necessary chemical combustion, and when this is not obtained either by out-of-door exercise or the free consumption of fruit, headaches and biliousness result ultimately followed by more serious disorders, such as neuralgia, rheumatism, fevers and inflammatory diseases. So that for persons engaged in sedentary pursuits it is evident that fruit is as necessary as bread and meat. The hydroganic acid found in most northern fruits not only stimulates digestion, but is itself a nerve food; peaches, apricots, apples and cherries abound in this acid, retaining it in a large degree when dried, and it is contained also in almonds, raisins and peach pits, which eaten after meals often aid digestion. One or two peach pits eaten regularly thus have been known to effect permanent cures of the nervous forms of indigestion, and if their value in this respect were generally known they would not be so universally wasted. A prominent physician has suggested that "Feast on Fruit Freely," be hung as a motto in every dining room and taught to every person. Fruit should be eaten at meals instead of between meals, and no breakfast, especially,

should be made without it. All fruits intended for immediate eating should be gathered before ten o'clock in summer in order to obtain their best flavor. And if the market is to be depended upon the utmost care should be exercised in its selection.

California and Florida oranges are the best, a difference of opinion existing among fruit connoisseurs as to the comparative merits of the two, which rival each other so closely that there is perhaps but little choice.

The only really desirable lemons, aside from a few from Riverside, California, are the Messinas, Palermos and Sicilys, all foreign importations, ranking in the order named. Choose the heavy fruit, with clean, smooth, thin skin, of a bright yellow color, and the medium sized lemon, known among dealers as the "360" is the best. The large lemons are more showy and expensive but are apt to be dry.

The banana is the most nutritious of all fruits, and is becoming more popular every year.

The plantain is a tropical fruit of the banana species, of the same shape and color but much larger—about two feet long and three inches in diameter—is of a coarse fibre and is not palatable raw, but very good fried or baked. It is considered very nutritious and wholesome, and is one of the main products of Honduras.

The guava is a fruit not generally known in the north, though quite a demand exists in southern markets. There are several varieties of this fruit, some of which are natives of Asia, some of America, and some are common to both. The best of these is the white guava, which is abundant in the West Indies; is rather larger than a hen's egg, smooth, yellow and of a peculiar smell. The pulp is of a very agreeable taste, sweet and aromatic, and is used at dessert and preserved. Gauva jelly comes from the West Indies, is highly esteemed, and excellent for giving strength and tone to one after a long illness or when digestion is impaired.

Pineapples when well matured are delicious and wholesome, and may be had at almost any season.

Of the smaller domestic fruits strawberries may be had from the last of April until into July. The Crescent is the best variety for table use. Cherries ripen in June and the best table varieties are the Oxheart, Whiteheart and Blackheart. The sweet "ground cherry," as it is called, is a fruit but little known in market though

it has been successfully grown in private gardens for many years. It is the fruit of a plant which in its general appearance, habits and growth resembles the tomato plant. The fruit is round as a cherry, and about three-fourths of an inch in diameter when taken out of the husk in which it is enclosed. When ripe the fruit falls from the plant and is better to lie in the husk awhile, when it becomes very sweet. It makes most excellent pies, sauce or preserves, and requires very little sweetening. When dried with a little sugar it is equal to raisins for many purposes. It begins to blossom the last of July, and, like the tomato, continues to blossom, set and ripen till killed by the frost. Currants include red, white and black varieties, the best of which are known as Cherry, Fay's Prolific, White Dutch, and White Grape, and choice fruit can be obtained in almost any market during July. The ripening season begins in June, and the fruit may be had until into August. Of red raspberries the Cuthbert is the finest of any yet known, though excellent fruit is plentiful in its season, which is from the middle of June to the middle of August. White raspberries are scarce and highly prized. Fine black raspberries, or "black-caps," are common everywhere in this country, as are also blackberries, of which the Lawton ranks the highest. Gooseberries are not so much used fresh at table as they should be, as when perfectly ripe they make a delicious dessert. There are a number of varieties, red, yellow, green and white, and may be had from May till August. What are known as whortleberries and huckleberries are often confounded with blueberries, which are much superior though of the same species. The former have larger seeds and not so fine flavor as the latter, and are not so desirable for any purpose. Blueberries make a delicious dessert sprinkled with ice and sugar and served with cream as any other fruit.

Every section has its favorite varieties of melons—the earliest shipments coming from the gulf coast islands about June 1st—any of which make a wholesome addition to breakfast or dessert. The nutmeg melons are very choice and have long ranked highest in market, but the Japan melon is a later and still more perfect production. It has a rough green rind, and when well ripened, a smooth, yellow pulp, sweet and luscious. Watermelons are plenty and cheap everywhere.

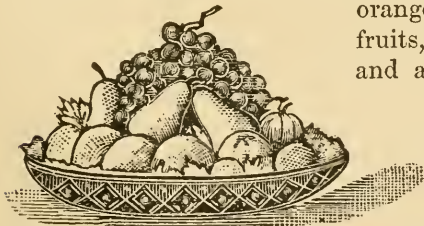
Of the delicious peach only the freestones are suitable for table use when raw, but the "clings" are very fine in compotes, stews, etc. The vegetable or vine peach is another fruit but little known, though very desirable. It grows on a vine similar to a muskmelon vine, and ripens in August. It is of about the size of a large peach, yellow when ripe, and when peeled, halved and the seeds taken out, looks very much like a peach treated in the same manner; it makes very nice pies, and for sweet pickles and preserves is unsurpassed. Apricots and nectarines are fruits similar in character to the peach, without its rough, fuzzy coat, and not to be compared with it in lusciousness and fine flavor.

Pears may be obtained from the middle of July until well into the winter, the Bartlett being the choicest and the Winter Nellis being the best keeper. The fine-grained pears are best for eating. There are several good varieties of plums, the California and Oregon fruit, sweet, large and fine flavored, leading.

The apple is, however, the staple American fruit, and no other is grown to such perfection or can be so easily preserved through the winter. This fruit is palatable and nutritious, easily digested when perfectly ripe, so common as to be found on the humblest tables, and may be prepared in a great diversity of ways.

The albuminous fruits, such as cocoa-nuts, filberts, almonds, hickory nuts, etc., are really seeds, and contain a large proportion of nutritive matter. Cocoa-nuts should be bought cautiously in summer, heat being likely to sour the milk. The Jordan sweet almond is the best, the Tarragon ranking next, and the California Soft Shell being third. The kernels of the sweet almonds are served in either a green or a ripe state at dessert, but the bitter almonds are little used and only in cookery.

The arrangement of fresh fruits for the table affords play for the most cultivated taste and not a little real inventive genius. Melons, oranges, and indeed all kinds of fruits, are appropriate breakfast dishes, and a center piece of mixed fruits



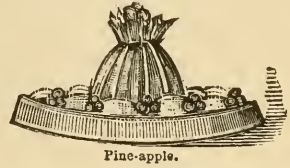
Center Piece.

furnishes a delicious dessert, and is an indispensable ornament to an elegant dinner-table. Large fruits, or large bunches of fruits are required,

and that shown in cut is composed of pears, peaches, apricots, and

plums as a kind of raised ground-work, with a magnificent bunch of royal-purple grapes on top. The colors of the fruits should blend harmoniously and the effect should be fresh and apparently unstudied, but they should be firmly placed so that when the dish is moved there will be no danger of an avalanche. Green leaves are well-nigh indispensable to the preparation of fresh fruit for dessert, but there should be just enough and no more; a judicious peep of one here and another there, a tuft of green on this side and on that is all that is needed. Too many leaves will utterly spoil the effect and render it inartistic. This garnishing with foliage needs especial attention, as the contrast of the brilliant-colored fruits with nicely arranged leaves is very charming. The garnish *par excellence* for dessert is the ice-plant, its crystallized dewdrops producing a marvelous effect in the height of summer, giving a most inviting sense of coolness to the fruit it encircles. The double-edged mallow, strawberry and vine-leaves have a pleasing effect; and for winter desserts the bay, cuba, and laurel are sometimes used. Flowers may be very gracefully and artistically combined with fruits, and a pyramid of grapes made up of Malagas, Delawares and Concorde makes a showy center piece and a delicious dessert. Rosy-cheeked apples in a firm row for a base, and fine yellow pears piled carelessly on top, stems upward, with a green leaf here and there, make a pretty dish. Apples and pears look well mingled with plums and grapes hanging from the border of the dish in a *neglige* sort of manner, with a large bunch of grapes lying on top of the apples. Strawberries and black raspberries in alternate rows, separated by a light fringe of green leaves, in cone-like form, is another attractive dish. Peaches and apricots mingle prettily with green leaves, and plums and green gages set one another off advantageously with a judicious addition of leaves. Attractive methods of serving melons and small fruits are given in recipes that follow. Almonds and raisins are served together, the almonds being first blanched, and then thrown in among the fruit. Serve large nuts of various kinds together, a sufficient portion for the dessert cut open or cracked, and all carefully arranged in a pyramid. Nuts of any kind should be so cracked and heaped up. Dates and figs may be put together in a variety of ways, the two colors giving a distinct character, and look well with a few leaves and tufts here and there. Pine-apples are thought to

be much more delicious if sliced and sprinkled with sugar, some time before serving, but if wished for a more ornamental dish they should be cut as illustrated, and served with a border of oranges and cherries or grapes, with the tuft in the top and a few green leaves scattered about. A pine-apple in the center of a dish, surrounded with large plums of various sorts and colors, mixed with pears or rosy-cheeked apples, all arranged with a due regard to color, have a good effect.



Pine-apple.

Frozen fruits should stand an hour or so after freezing, and in adding whipped cream beat it in thoroughly with a wooden spoon or paddle. Fruit creams are very elegant desserts, and are made by adding double the quantity of cream to the fruit pulp, which is obtained by passing through a puree sieve. Whip together, sweeten to taste, and serve in glasses with whipped cream on top. To mold fruits, cook slowly with sufficient sugar to form a jelly—pound for pound—and turn into molds. Or to more perfectly preserve the form of the fruit make a jelly of a little of the fruit juice and water, stir in the cooked fruit when both are nearly cold, and turn into molds. One of the most valuable uses of apples is to employ them in conjunction with other fruit—either to ameliorate the harshness of damsons or add to the flavor of blackberries, and they are cooked also with quinces, green gages, pineapples, apricots and with raspberry or currant preserves. When used with the larger fruits choose apples of same size if possible, and cut in same shaped

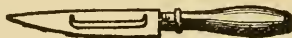


Apple Corers.

pieces or slices. An apple-corer, a cheap tin tube, made by any tinner, is indispensable in preparing apples for cooking. They are made in two sizes,

one for crab-apples and the other for larger varieties. Rhubarb or pieplant can be mixed with any kind of fruit, half and half, and in a short time will taste exactly like the fruit with which it is mixed. Compotes of the light-fleshed fruits, such as pears, peaches, apples, etc., may be handsomely colored by adding a little currant jelly or juice, a little water from sliced boiled beets, or a few drops of cochineal coloring. The syrups for compotes should boil until a little cooled in a saucer will form a jelly. When cream is served with fruit it is always much nicer whipped. A covered jar or bean-pot is much the best utensil for baking fruit, confining the steam

and requiring little or no water; the action of the more gentle and uniform heat leaves it in better form, and the syrup is clearer. In peeling fruit the use of the paring knife with a guard, which prevents the removal of any but a thin skin, will not only effect a saving, but as in most fruits the best part lies nearest the rind will also insure a better flavor. Sliced fruits or berries are more attractive and palatable sprinkled with sugar about an hour before serving, and then with pounded ice just before sending to the table. When berries are left, scald for a few minutes; too much cooking spoils the flavor. Some think many of the sour berries are improved by *slightly* cooking them with a little sugar before serving. If a part of the berries are badly bruised, gritty, etc. (but not sour or bitter), scald and drain them through a fine sieve without pressing them. Sweeten the juice and serve as a dressing for puddings, shortcakes, etc., or can for winter use. In using molds for fruits etc., dip in cold water before filling.



Paring Knife,

Apples.—The varieties are almost innumerable, every section having its preferred kinds, though there are some general favorites, among them the following; Early Harvests, Red Streaks, Golden Pippins, Pound Sweets, Belle Flower, Maiden Blush, Snow Apples, Winter Pippins, King's, Spitzenberg, Baldwin, Ben Davis, Genitans, Rhode Island Greenings, Roxbury Russets and Wine Saps. The last eight varieties are all excellent keepers, the Wine Sap keeping the longest, and the Rhode Island Greening is a famous pie apple, known and used everywhere. The others named are all excellent eating and cooking apples. Select smooth, mellow, fine-flavored ones, wash and wipe dry and serve at dessert heaped in fruit dish with a border of green leaves, or with leaves interspersed. A border of small fruits makes a very attractive dish.

Baked Apples.—Whether plainly or elaborately prepared and served, baked apples form an always acceptable and appropriate dish for breakfast, luncheon, dessert or tea. Sweet apples require longer baking than sour. To bake tart apples, wash and cut out the blossoms and stems, and in the stem end put some sugar; bake till soft, basting occasionally with the juice in the pan; serve either warm or cold with sweetened cream or milk. Or, bake them entirely whole and without paring, pricking with a coarse needle to prevent bursting. Put in baking dish, stems upward, and as they begin to warm rub over well with butter. Serve either warm or

cold thickly strewn with powdered sugar. For *Baked Apples with Syrup* take half a dozen apples, a half pound of sugar, and little cinnamon, cloves or nutmeg; peel and core the apples, put them into a deep pie-dish half filled with water, and add above ingredients. Bake until fruit is soft and brown and syrup thick. When cold, place the apples in a glass dish, pouring the syrup over. For an extra nice dish, pare and core tart apples, place in pan with a little water, put butter and sugar in cavity, sprinkle cinnamon over, and bake, basting often; serve with sweetened cream or milk. Or, fill cavities with sugar, a little lemon juice or extract, and some thin slices lemon rind; sprinkle sugar over the tops, baste often, and serve cold with cream, or with whipped cream, flavored with sugar and essence of lemon, or a boiled custard, poured over so as to nearly conceal them. For *Spiced Apples* pare and core tart apples, fill center with sugar, stick four cloves in the top of each, and bake in deep Pie-plates, with a little water. For *Stuffed Apples* peel and core large sour apples, put in baking dish with a very little water, and for every half dozen take a cup sugar, half teaspoon mixed ground spices, pinch of salt, two tablespoons each cracker-crumbs and cream, or milk; mix all well together and fill the core cavities, bake until tender but not broken, basting often with the juice in the dish; serve either hot or cold with sweetened cream, or place apples in center of a large dish with border of whipped cream around. A really elegant dish. Another equally tempting dish is *Jellied Pippins*, made by putting in baking dish a layer of pippins or other tender, juicy apples, pared and cored but not sliced. Pour over them a syrup of one cup water and a half cup sugar, stirred over the fire until sugar is dissolved; cover closely and bake slowly until tender. Take from the oven and let cool without uncovering. Pour off syrup and fill core cavities with bright fruit jelly. Boil the syrup until quite thick, and just before sending the apples to table stir into it rich cream well sweetened. Serve with apples. For *Blushed Apples*, peel nice, round, tart apples carefully, without coring, place in baking dish in one layer, and make a syrup of one pint water and four tablespoons sugar; add a few cloves, little grated lemon peel and small stick cinnamon; pour over fruit, cover the dish and bake, being careful not to have them break. When done lift carefully to a handsome platter, and with a small brush tint delicately on one side with a little beaten currant jelly. Strain the syrup and if more than quarter of a pint place on the stove and boil it to that quantity. When cold add juice of half a lemon and pour around the apples. Another simple way is to quarter and core sour apples without paring, put in baking-dish, sprinkle with sugar and bits of butter, add a little water and bake until tender. The proportion of sugar is a gill, and butter half size of an egg, to three pints of apples, and a gill and a half of water. To prepare sweet apples for baking, wash and core but do not pare,

though some simply cut out the blossom ends, and when sure fruit is perfectly sound leave entirely whole, pricking to prevent bursting. Put them in baking-pan with a little water and let them bake very slowly, basting occasionally. They require several hours, and when done are of a rich, dark brown color; if taken out too soon they are insipid. Some keep them covered while baking, removing the cover just before apples are done, while others first steam them until quite tender, then put in oven and bake. Serve with whipped or plain sweetened cream or milk.

Coddled Apples.—Wash unripe, dark-green, sour apples, and put in porcelain-lined kettle; cover with water, and boil until tender; pour in a sieve and cool, throw away the water that drains off, pulp through the sieve and add sugar to taste. Serve cold, pouring the pulp in center of dish; leave it as it falls, without smoothing, and grate a little nutmeg over the top. To be eaten with sugar and cream.

Creamed Apples.—Pare and core the fruit and either scald or bake until soft enough to pulp through a colander or sieve; sweeten to taste, and fill glasses three-fourths full; sprinkle each plentifully with powdered cinnamon, and when cold put whipped cream over all, heaping until it stands in peaks. Another nice way of serving is to beat well together two cups grated apples, one of sugar, butter size of walnut, two tablespoons water, one egg, and a bit of orange or lemon peel; stir all over the fire about ten minutes, and serve either warm or cold with whipped cream heaped high over the whole, or laid upon each saucer.



Creamed Apples.

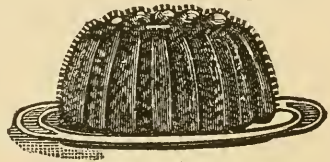
Fried Apples.—Select sour apples and quarter and core without paring; prepare frying-pan by heating and putting in beef drippings, lay apples in skin side down, sprinkle with a little brown sugar, and when nearly done turn and brown thoroughly. Or, cut in slices across the core, about a quarter of an inch thick, put a little butter or drippings in pan, fill with the sliced apples and fry, stirring occasionally to prevent burning; serve in dish sprinkled over with sugar. If wanted extra nice, cut a little thicker and fry like pancakes, turning when brown; as fast as fried take out on a dish, or platter, sprinkle over with sugar, and place in oven to keep hot, proceeding thus with each panful until a sufficient quantity is done, taking care not to break the slices. Serve in layers on the platter, or neatly placed in individual dishes. Or, for *Fried Apples with Pork*, fry in its drippings and serve arranged in a row around the slices of pork, on platter. A dish of *Fried Whole Apples* is prepared thus: Peel very small but prettily shaped apples, leaving stems on. Put into a saucepan of hot butter, and shake over a

brisk fire until a nice brown; drain, and arrange neatly, stems up, on a thick layer of sugar in a dish, and serve either hot or cold. Transcendent crabs are very nice cooked thus.

Frosted Apples.—Peel pippins, stew in a thin syrup till tender, dip in frothed white of egg, and sift powdered sugar thickly over them; put in cool oven to harden, and serve in glass dish.

Iced Apples.—Peel and core one dozen large apples, fill with sugar and a little butter and nutmeg; bake until nearly done, let cool and remove to another plate, if it can be done without breaking them (if not, pour off the juice). Ice tops and sides with cake icing, and brown *lightly*; serve with cream.

Jellied Apples.—Pare, quarter and core nice golden pippins, cut into slices, stew in a little water till tender, and beat to a pulp. Make a thick syrup by boiling a pound and a half white sugar and pint of water for two pounds apples, skim, and put in the apple pulp and juice of three lemons; simmer gently until almost a paste, pour into a wet mold, and when cold it will turn out a solid jelly. Stick thickly with blanched almonds and serve surrounded with whipped cream or a thick custard. Or, slice the apples and put in pudding dish with alternate layers of sugar; cover with a plate, put a weight on it and bake in slow oven three hours. Let stand until cold and it will turn out a handsome form of sliced apples imbedded in jelly.



Jellied Apple with Almonds.

Marbled Apples.—Peel, halve and core a dozen fine apples, place in a pan thickly spread with butter, powder with sugar and grated lemon peel, and bake in oven. Nearly fill an ornamental mold with apple marmalade, leaving an opening in center; pile the baked apples in a ring upon the marmalade, fill the opening left with custard, and cover the whole with orange marmalade. Set mold in pan of hot water to bake, and serve hot. Or, pare and core six or seven apples leaving them whole; boil half pint water and two tablespoons sugar, put in the apples and simmer gently till tender, taking care not to let them break. Cover bottom of dish with apple marmalade or apple butter, flavored with lemon, and place apples on this with piece of butter on each, and a few spoonfuls apricot jam or marmalade. Set the dish in oven ten minutes, then sprinkle over with powdered sugar and brown with salamander.

Meringued Apples.—Put one quart water and two large cups granulated sugar in saucepan. Have ten apples pared and cored, and as soon as sugar and water boils, put in as many apples as will

cook without crowding. Simmer gently until fruit is cooked through, turning when one side is done. Drain and cool on a dish; pare, quarter and stew six more apples in one cup water. Turn stewed apples into syrup left from cooking the others, add grated rind and juice of one lemon, and simmer twenty minutes or until a smooth marmalade is formed, then let cool. Put one quart milk in custard-kettle, reserving half a cup for mixing one tablespoon corn-starch, which stir in when milk is hot, and let cook five minutes. Beat yolks of six eggs and whites of two with half cup powdered sugar; gradually pour boiling milk on this, return to kettle and cook three minutes, stirring all the time, add salt, turn into bowl, and let cool; place the whole apples in a mound on dish using the marmalade to fill up the spaces between the apples. Beat four whites to a stiff froth with four tablespoons powdered sugar, spread over apples, and stick one pint blanched almonds into it, cutting each one in two or three strips as in *Jellied Apples*. Brown slowly in the oven and let cool. Serve with the custard seasoned with lemon poured around the base of meringue

Steamed Apples.—Take smooth, rich-flavored apples, wash and remove cores, leaving fruit whole. Put in a steamer and cook until perfectly tender. The juice in pan may be stewed down and poured over the apples; serve either warm or cold with sugar and cream. Sweet apples are especially nice steamed, and if liked can be browned in oven ten or fifteen minutes, and when placed in oven put on each apple a tablespoon of meringue as above. .

Stewed Apples.—Take nice, smooth, sweet apples and remove cores without paring. Put into a covered saucepan with cold water, heat gradually and simmer gently until done. It should take a half day to cook them properly without breaking. Set away to get cold before taking out. Served with sweetened cream they are delicious. If tart apples are to be stewed put on with enough water to cover, a half cup vinegar and two cups sugar, and cook as above. For a very nice dish called *Apple Transparency*, stew six large peeled and cored tart apples slowly until tender, in a syrup of half pound sugar and pint water, in which the rind of a lemon has been boiled. When done take out in glass dish and add to the syrup a half package of gelatine dissolved in a gill cold water; stir until gelatine is melted, strain into a bowl, stir in six drops cochineal coloring, and when cold cut into cubes and place among the apples, interspersing spoonfuls of a meringue of whites of two eggs and two tablespoons sugar or whipped cream.

Apple Cakes.—Boil apples until they will pulp easily, mix smoothly with well-beaten eggs, a little cream, some powdered white sugar, and bread-crumbs enough to form into small cakes; fry as fritters, and when a nice brown color take up. When cold squeeze

some lemon juice over them, lay upon each a spoonful of thick cream, sprinkle with powdered sugar, and serve.

Apple Chocolate.—Boil a pound grated chocolate and six ounces white sugar in a quart new milk; beat yolks of six eggs and whites of two, and when the chocolate has come to a boil take it from the fire and gradually add the eggs, stirring well all the time. Have ready a deep dish with a good layer of cooked and pulped apples in the bottom, sweetened to taste and seasoned with powdered cinnamon; pour the chocolate gently over, and place the dish in a saucepan of boiling water. When the cream is set firmly it is done; sift powdered sugar over it, and glaze with a salamander or red-hot shovel. This preparation is not only very delicious, but exceedingly salutary, on account of the apples being a corrective to the too great richness of the chocolate.

Apple Compotes.—Compotes are very easily prepared, and are said to be the most wholesome manner of serving fruits for those who cannot eat raw fruits or the richer preparations requiring a larger proportion of sugar. Fresh fruits are much more delicious served raw, but the compote is far better than ordinary stewed fruit, makes a nice dessert dish that can be hastily prepared, and apples are very acceptable served thus. A simple way of preparing is to make a syrup of a pound sugar and pint water, boiled together fifteen minutes and carefully skimmed. The fruit is then cooked in this syrup, taken out when tender, and the syrup reduced almost to a jelly by longer boiling, and poured over the fruit when cool. To avoid danger of scorching many prefer to first stew the fruit until tender, but not broken, in clear water, then take it out and add sugar to the water and boil to a nice syrup, put in the fruit again and simmer gently until thoroughly penetrated with the syrup, then take out into glass dish; boil the syrup until very rich and thick, strain it, let cool, and pour it over the fruit. For an excellent compote of apples, peel and core twelve medium-sized apples, throwing them into cold water as fast as peeled to prevent darkening, and proceed after either of the above methods. Any flavoring liked may be added to the syrup—juice of lemon and a little of the rind is nice—and if wanted to cook very quickly cut the apples into halves, thirds or quarters, when they will be done in from ten to fifteen minutes. The fruit may be colored pink if liked, by adding fruit juice or currant jelly to the syrup. Or cook a half quince, cut into four pieces, until tender in a pint and a half water, then add the sugar for the syrup, and put in the apples, taking up the quince with them. This will color the compote beautifully, and also flavor nicely. Some cook sliced lemon and raisins in the syrup and pour over the apples. Pass plain or whipped sweetened cream with the dish. For a handsome *Stuffed*



Apple Compote.

Compote select large, fine pippins of equal size, pare, take out cores, and cook until nearly done in syrup as above; drain and bake a few moments in a quick oven. When done, and still hot, fill the core cavities with peach marmalade, and roll each apple in the jelly made by boiling down the syrup, which will give them a beautiful gloss. Serve in a pyramid on a dish with plain or whipped cream around the base. Or form into a dome and cover with a meringue of beaten whites of eggs and sugar, sticking sweet almonds cut into four lengths into the top in regular form, and put in the oven to brown. Or pour among the apples, before putting over the meringue, a marmalade of apples or boiled rice. Another method of serving is to prepare apples and syrup as above, put in the fruit and let cook until clear, remaining whole. Remove the fruit to a glass bowl; dissolve one-third box gelatine in a half cup hot water, and stir briskly into the syrup, first taking off the fire. Then strain over the apples, and set in cool place to cool. When cold heap whipped cream over it. Some add sliced lemons to the syrup and serve with a slice of the lemon on each apple. Or, for a *Baked Compote* take golden pippins, or any similar small apples, pare and core, put into a wide jar with a cover, and for two quarts apples add rind of a lemon cut thin, and strew in a half pound sugar. Cover and set in slow oven several hours. Serve hot or cold. For another elegant compote take smooth, prettily shaped apples and put into saucepan with enough water to cover; add a tablespoon powdered cochineal and simmer gently; when fruit is done take out and put into dessert dish. Make a syrup of the liquor by adding white sugar and juice of two lemons; when boiled to a jelly put it with the apples, decorating the dish with lemon peel cut into thin strips.

Apple Cream.—Peel, core and cut three pounds of apples in thin slices and put in porcelain-lined kettle, with a half pound sugar, grated rind and juice of a lemon, and a teaspoon ground ginger; simmer slowly until apples are tender enough to rub through a sieve. Scald a quart cream, beat in the apple pulp, and serve either warm or cold. Any berries or soft fruit may be served in the same way, pulping through a sieve without cooking.

Apple Fool.—Bake good cooking apples (not sweet), remove the pulp with a spoon, and beat it up with a little powdered sugar. To a cupful add the yolk of an egg and a small sponge cake; mix together and rub through a sieve.

Apple Fortress.—Take good, firm apples, that will not fall to pieces when cooked, and cut into oblong shapes two inches long and one inch thick; put into a dish, sprinkle them well with white sugar, cover closely and let stand overnight. Next day place carefully in preserving kettle or pan with more sugar and water

and shred lemon peel, and cook gently over slow fire until done, but take care not to do them too soft. When cold build the pieces in shape of a tower with castellated top, fill inside with lumps of jelly, and on top place candied cannon, surrounded with a "ditch" of whipped cream. A really elegant dessert. Begin serving from top.

Apple Porridge.—Boil slices of white bread in pint milk; when soft take off fire, sweeten with sugar, and add teaspoon ginger; pour in a bowl and gradually stir in the pulp of three or four nicely baked apples.

Apple Sago.—Pare six apples and punch out cores, fill holes with cinnamon and sugar, using two teaspoons cinnamon to a cup sugar; take one tablespoon sago to each apple; wash thoroughly and let soak an hour in water enough to cover apples, pour water and sago over apples, and bake an hour and a half.

Apple Sauce.—Pare, core and cut in quarters apples that do not cut to pieces easily, and put on to stew in cold water with plenty of sugar. Cover closely and stew an hour or more. The addition of the sugar at first preserves the pieces whole. If they are preferred finely mashed stir occasionally while cooking and add sugar after they are done. Flavor with nutmeg, cinnamon, or cloves, if liked, and some stir in piece of fresh butter. Or, for *Baked Apple Sauce*, pare, core and quarter tart apples, put a layer in earthen baking-dish, add lumps of butter, sprinkle with sugar and a little cinnamon, then a layer of apples, etc., till dish is full; bake till soft. Or, omit butter and cinnamon, and add quarter cup water and half cup sugar to four quarts prepared apples; or two or three times as much water may be used. For *Cider Apple Sauce*, pare, quarter and core apples sufficient to fill a gallon porcelain-kettle, put in a half gallon boiled cider and let boil. Wash the apples and put in kettle, place a plate over them, and boil steadily but not rapidly until thoroughly cooked, testing by taking one from under plate with a fork. Do not remove plate until done, or the apples will sink to the bottom and burn. Apples may be cooked in sweet cider in same way. For an *Imitation Cider Apple Sauce*, pare, quarter and core the apples, strew sugar over and let stand overnight. Then stew in their own juice, and they will have a nice flavor and color.

Apple Snow.—Pare, core, and bring to boil in as little water as possible six large, tart apples, cool and drain on a sieve, add two tablespoons sugar, beat to a froth and add the well-whipped whites of three eggs, mixed with two tablespoons powdered sugar, or an egg and two-thirds tablespoon sugar to each apple if wanted very light and elaborate; beat thoroughly until a stiff snow, flavor with

lemon or vanilla or add the grated rind of a lemon; pile the snow in a rough heap or pyramid and ornament with bits of bright colored jelly, or encircle with a row of candied orange or lemon rings; serve with sweetened cream, or make custard of yolks, sugar, and a pint milk, place in a dish, and drop the froth on it in large flakes. For *Apple Meringue* put above mixture into a deep glass dish, cover with the whipped whites of three eggs and three table-spoons sugar, and brown delicately in oven, or with salamander.

Apple Tapioca.—Soak half a pint tapioca several hours, or overnight, in half a pint cold water; cover the bottom of a baking dish with pared and cored tart apples; fill cores with sugar and bake until tender. Put the tapioca on the fire with the rind of a lemon cut thin, and half a pint cold water; when boiling add another half pint of boiling water, a gill of sugar, and the juice of the lemon; boil a moment, pour it over the apples, and bake half an hour or longer. Or, soak half teacup tapioca in one and a half pints cold water on back of stove as above; then place on the stove and cook till clear, sweeten, and season with a little cinnamon; then place a layer of pared apples, cut in quarters or eighths, in baking-dish, then a layer of tapioca, then apples, etc., till all are used, and bake as above. Or, for *Pine-apples and Tapioca* take either fresh or canned pine-apples, chop fine, and add as above, or mix with the cooked tapioca and bake.

Apple Toast.—Peel and carefully core the apples. Cut slices of stale bread about a quarter of an inch thick, and cut again to a round shape about the size of the apples, with a paste-cutter. Butter each slice on both sides and place an apple upon it. Butter baking-dish or pan, put in the apples and bread, fill the core cavity with cream and sugar, or sugar alone, placing on top of sugar a piece of butter size of hazelnut, and set in warm but not quick oven. When about half done fill the hole again with the cream and sugar, dust with cinnamon and finish cooking. Serve warm. Or, halve the apples, hollow out the cores and place the halves upon the rounds of bread, fill the core cavity of each with good thick cream and strew sugar thickly over bread and fruit. Place in slow oven and renew the cream and sugar as they dissolve. When done arrange neatly in a dish, pour over any juice left in pan and serve warm; or place cored side of apples next bread, brush with a little melted butter, dust with sugar, a little nutmeg or cinnamon, and bake as above.

Apple Trifle.—Scald and pulp through a sieve as many apples as will cover the dish to be used to the depth of two or three inches, add grated rind of half a lemon and sugar to taste, and place in dish. Mix a half pint each milk and cream and yolk of an egg, and sweeten to taste. Set over fire and scald, stirring constantly,

but do not boil. Let stand till cold, put it over apples and finish with whipped cream.

Apples and Grapes.—Strain the juice from ripe grapes, adding pound sugar to each quart, and boil until reduced one-half. Put into this some golden pippins, pared, cored and quartered; simmer very slowly until apples are done, and serve either warm or cold in glass dish, or seal for future use in cans.

Apples and Quinces.—Take a quantity of golden pippins, cut into quarters, but do not pare, put into saucepan of boiling water and simmer until a jelly. To each pound jelly add a pound sugar; then cut two or three quinces into quarters, and cook them slowly in the syrup until tender. Serve in glass dishes for dessert.

Apricot Compote.—Make a syrup by boiling together one pound sugar and one and a half pints water fifteen minutes, carefully removing all scum; put in twelve apricots, simmering until tender, taking care that they do not break; take out carefully, arrange on glass dish, let the syrup cool a little, pour it over the apricots, and when cold serve. For *Peach Compote* take fifteen peaches, peel and stone them, cook ten minutes and take out as above, boiling the syrup two or three minutes to reduce it before pouring over. A few kernels give a nice flavor. To prepare, crack the stones, take out kernels and blanch as almonds. A *Damson Compote* is made same as apricot, taking one quart fruit. If a *White Compote* is wished of peaches or apricots, cut the fruit in two, take out stones, throw them into boiling water (a very little lemon added) for two minutes, then plunge in cold or ice water, taking out immediately. This makes them white. Peel and finish as above. For a *Red Compote* add four tablespoons red currant juice, or a tablespoon jelly, beaten smooth and thinned with a cup of water.

Bananas.—There are two varieties, the yellow and red; the former has a richer, finer flavor, and ranks higher in market than the red, although the latter is very delicious, being more solid and nutritious, and by some prized more highly. The choicest bananas are the Aspinwall Lady Fingers, grown on the Isthmus of Panama. They are of a pale lemon color, medium size, not round, but having a sharp ridge running the whole length of the fruit, of fine, firm flesh, and rare flavor. The ripening season begins in January, is at its height in March, and the supply diminishes towards midsummer, though in some localities the fruit ripens constantly, and may thus be had the year round. They are often served whole on a margin of green leaves, the colors contrasting very prettily, or mixed with oranges, the red ones being especially used thus; but it is considered by some much better taste to peel

them, and, if very large, cut in two lengthwise, or crosswise if long and not very large round. Serve neatly placed on a napkin in fruit dish.

Baked Bananas.—Peel a dozen bananas and split in halves lengthwise. Lay these strips closely in baking-pan, strew sugar and bits of fresh butter over, and grate in a little nutmeg. Bake in a moderate oven about twenty minutes. They should come out glazed, and if not syrup enough in the pan, a little should be mixed in a cup to baste them with. Serve as a last course with cake and milk.

Fried Bananas.—Peel and slice lengthwise, fry in butter, sprinkle with sugar, and serve. Thus prepared they make a nice dessert. The bananas must be quite ripe.

Bananas and Cream.—Slice the bananas crosswise—not too thin—scatter powdered sugar over, and before it dissolves squeeze the juice of several oranges over them, or oranges may be cut up and mixed with them, or the bananas may be served with cream and sugar alone. Very nice for tea. They make an agreeable dessert with whipped cream sweetened and flavored with vanilla, poured over them. A tablespoon of gelatine dissolved and stirred into the cream, gives a little body to it. Serve with sponge cake.

Blackberry Trifle.—Stew one quart blackberries with one quart sugar and a half cup water. They should cook only fifteen minutes. When cold, serve with powdered cracker and sugar and cream. The cracker and berries should be in separate dishes.

Cherries.—This fruit may be very elegantly served for dessert by picking in clusters on the twigs with a few leaves on each. An hour before dinner place them in the refrigerator, and when taken out they will be found not only refreshingly cool, but covered with moisture like dew. Or treat the clusters simply in same way. If served plain send to table heaped on saucers or glasses of pounded ice, one for each guest, and pass sugar with them. Or arrange in pyramid on a glass dish. Both red and yellow varieties should be obtained for this if possible.

Cherry Compote.—Secure red cherries because of their piquant flavor, and be sure to have only perfect fruit. Do not stem them, but shorten the stems with the scissors. Put the fruit in a preserving kettle with white granulated sugar in the proportion of a quarter pound sugar to every pound fruit, and add juice of one lemon to same quantities; put over slow fire and boil three minutes, removing all scum and shaking occasionally; take out fruit with a spoon, put in a bowl and carefully drain off all syrup, which should be reduced by further boiling. To thicken the syrup

a little isinglass or gelatine may be used, but it is better without, as the thin jelly of pure syrup is beautifully transparent. Pour this syrup or jelly into a dish to cool, and when ready to serve the compote pile the cherries in a pyramid and turn the syrup over them. Or, prepare cherries the same, take four tablespoons sugar and a pint water to one quart cherries, put in a saucepan, let boil, and skim; add a half cup raspberry juice, put in the cherries and cook until tender; pile them on a glass dish, reduce the syrup to a thin jelly, and when cool pour over them.

Cherry Sauce.—To every pound well ripened, stoned cherries add a half pound sugar, melted and poured over boiling hot. Put on ice till cold and serve.

Currants.—Select fine large red and white currants and arrange in alternate rows in pyramidal form on glass dish, placing the red on bottom, with a border of green leaves outside, as shown in cut. Sprinkle liberally throughout with sugar, set in refrigerator until ready to serve, when dust fine granulated sugar thickly over, which will cling to the currants, that will have become damp in the ice box, and give a pretty frost-like effect. Raspberries may be served in same way, either red and white, red and black, or alternate layers of each. Currants are also nice served in large fine clusters heaped on fruit dish, always cooling on ice before sending to table; or intersperse with layers of raspberries or other seasonable fruits.



Currant Pyramid.

Gooseberry Compote.—Stew one quart berries, which should not be very ripe, and pour boiling water over them; take out and plunge them into cold water, with which a tablespoon of vinegar has been mixed, which will help preserve the color of the fruit. Boil together half pint sugar and scant three-fourths pint water, skimming well; drain the gooseberries and put them in, simmer gently until nicely pulped and tender, without being broken; then take out on glass dish, boil the syrup two or three minutes, pour over the gooseberries, and serve cold. *Compote of Green Gages* is made the same, carefully stemming and stoning the fruit, which will cook in one-third the time required for gooseberries.

Gooseberry Fool.—Stem the gooseberries and cut off tops; put in a jar with two tablespoons water and a little sugar, set the jar in a saucepan of boiling water, and let boil until the fruit is soft enough to mash; or simply stew the fruit, pulp through a colander or sieve, and to every pint add a pint milk, or equal quantities milk and cream. Sweeten well or it will not be eatable, and in mixing add the milk very gradually; serve in a glass dish or in small glasses. This old-fashioned dish is very delicious when well made, and if properly

sweetened a very nice relish for children. A boiled custard may be stirred in instead of the cream, and a less quantity of cream may be used—a gill to a quart of pulp—stirring in carefully just before serving.

Gooseberry Trifle.—Put a quart gooseberries into a jar, sweeten to taste, and boil until reduced to pulp. Put this in the bottom of a high glass dish, pour over it a pint of boiled custard, and when cold cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be much firmer and more solid. Garnish in any manner liked, with bits of jelly, or sliced almonds, etc.



Gooseberry Trifle.

Grapes.—The finest native ones are the ConCORDS, DELAWARES and CATAWBAS, the former of which is generally considered most desirable, and ripens about August 1st. The DELAWARES are marketed about the same time, and the CATAWBAS a little later. Later varieties come into market the last of September, and may be had during October. CALIFORNIA grapes are shipped during August, September and October, the finest varieties of which are the TOKAYS, WHITE MUSCATS, ROSE PERN and BLACK MOROCCO. These are very showy, but not of so fine a flavor as the fruit from the middle states. Wild grapes are abundant from September to November, but are not suited to table use when fresh. Foreign grapes may be had at the fruit stores throughout the winter. The MALAGA leads all foreign grapes, and comes packed in cork-dust, which is a non-conductor of heat and absorbent of moisture, and so is always in good condition. *If left in the cork-dust* this fruit will keep three months in prime order. When used rinse well in ice-water, and place on a glass dish or dishes surrounded by fine ice; if plentiful do not divide clusters, but serve a bunch for each guest.

Jellied Grapes.—A very delicate dish is made of one-third cup rice, two cups stemmed grapes, half cup water, and two tablespoons sugar. Sprinkle rice and sugar among the grapes, while placing in a deep dish; pour on the water, cover closely and simmer two hours slowly in the oven. Serve cold at dessert.

Florida Grape-Fruit.—This is a new, clear-skinned, lemon-colored fruit, about three times as large as an orange, and bearing a general resemblance to that fruit. Its flavor is sub-acid, but its juicy pulp is enclosed in a tough white membrane of intensely bitter taste; when this membrane is removed the fruit is delicious. To prepare it for the table, cut the skin in sections and peel it off; separate the sections as you would those of an orange, and holding

each one by the ends, break it open from the center, disclosing the pulp; tear this out of the bitter white membrane which covers the sections, carefully removing every part of it; keep the pulp as unbroken as possible, and put it into a deep dish with a plentiful sprinkling of fine sugar. Let it stand three or four hours, or overnight, and then use the fruit. It is refreshing and wholesome.

Oranges.—The finest California oranges are known as the California Riverside varieties, including the Navals, smooth, sweet, luscious fruit, without seeds, the Mediterranean Sweets, and the Seedlings. The Paper-rind is also a California Orange, small, but sweet, and very desirable for table use. Of the Florida fruit the Indian River oranges rank first, the choicest of which is the Florida Bright. The Florida oranges appear in market in December, and may be had in their perfection until about February 1st, after which date they become too ripe and spongy to be desirable. The California fruit begins ripening in December and may be had until late in June in excellent condition. The summer market is thus principally supplied by foreign importations, of which the Messinas and Rodas are the best varieties, though neither are so fine as the fruits above mentioned, and are liable to be dry and pulpy. The Seville orange is a bitter, acid fruit, used to some extent in cooking, but unfit for trade use. When buying oranges select from unwrapped fruit, if possible, those that are solid and heavy, with a smooth, thin skin, of a deep yellow red color. To remove any stale flavor absorbed from contact with decayed fruit, or from the odor of the box, wash lightly with a sponge in very cold water, dry with a soft towel without rubbing, wrap again in clean, soft paper, and put away until wanted for use in a closely-covered tin box or stone crock or a drawer, in a cool, dry closet. Lemons should be cared for in same manner. To serve oranges whole for breakfast or dessert cut the peel in six or eight equal pieces, making the incisions from the stem downward; peel each piece down about half way, and bend it sharply to the right, leaving the peeled orange apparently in a cup, from which it is removed without much difficulty. For an elegant center piece pile the oranges so prepared in a pyramid on a high fruit dish with bananas and white grapes, if obtainable. They are also very nice peeled and sliced with seeds and pith removed, and sprinkled with sugar two or three hours before serving for either dessert or tea. Some strew grated cocoa-nut over the top.

Orange Compote.—Peel six oranges, remove as much of the white pith as possible, and divide them into small pieces without breaking the thin skin enclosing them. Make a syrup of half pound sugar and scant three-fourths pint water, skimming well, adding the rind of the orange cut into thin narrow strips. When the syrup has been well skimmed and is quite clear, put in the pieces of orange and simmer five minutes. Take out



Orange Compote.

carefully with a spoon without breaking them and arrange on a glass dish. Reduce the syrup by boiling it quickly until thick; let cool a little, pour it over the oranges, and serve cold. For a very delicious compote, peel and remove the pulp of eight large oranges, divide as above, squeeze the juice from four more over three-quarters pound sifted sugar and the rind of one orange cut in strips, removing all the pulp. Put the pieces of orange in the syrup, boil about six minutes, drain, boil the syrup until it thickens, dish fruit and pour the syrup over. Or, peel and cut the oranges into slices crosswise, and remove seeds. Make a thick syrup as directed in apple compote, and, when cold, pour it over the sliced oranges, which are not cooked.

Orange Snow.—Mix the juice of four oranges and grated peel of one with a large cup powdered sugar and a package gelatine, soaked in cup cold water; let stand an hour, add a pint boiling water, stirring until clear, and strain through a coarse cloth, wringing hard. When cold whip in stiffly frothed whites four eggs, place in a mold, which was first rinsed with water, and let stand six or eight hours. Some add the juice and grated peel of a lemon.

Peaches.—The first crop marketed is from Mississippi, picked about May 1st. Tennessee peaches may be had in June, and California fruit appears about July 1st. The finest peaches, however, are grown in Michigan and Maryland, and are marketed during August, the supply lasting until into November. The California fruit is the handsomest, but not of so rich a flavor as the fine Yellow Crawford's from Michigan, the finest peaches obtainable, though some prefer the white-meated varieties, of which the Old-mixon Freestone and early York are the best.

If large and perfect do not slice, but serve them whole; wipe or brush off the feathery coating, arrange them neatly on the fruit-dish and decorate with fresh green leaves and flowers. Sliced peaches turn a rusty brown color if allowed to stand after cutting them, and should be served as soon as prepared; if necessary for them to stand, cover with whipped cream properly sweetened. A little lemon juice brings out the flavor of all preparations of peaches, and may be squeezed over sliced peaches before serving. Peaches for stewing, baking, etc., may be peeled or wiped with a cloth, or brushed. The blanched kernels cooked with them give a much finer flavor.

Frozen Peaches.—Pare and divide large, fresh, ripe and juicy peaches, sprinkle with granulated sugar and half freeze, which will take about an hour; remove just before serving and sprinkle with a little more sugar. Canned peaches and all kinds of berries may be prepared in same way. Or, boil heaping pint sugar, and quart water together twelve minutes; then add one quart of either canned

or fresh peaches, and cook twenty minutes longer. Rub through a sieve and when cool freeze. Take out beater and stir in pint cream, whipped. Cover and let stand an hour or so. *Frozen Apricots* are prepared same way.

Peach Float.—Take the whites of four eggs, beaten to a stiff froth; stew six peaches until soft enough to mash, sweeten to taste and beat in the whites of eggs. Serve cold heaped in a dish. *Apple, Pear and Quince Floats* made same.

Peach Tapioca.—Soak half-pint tapioca in cold water two or three hours, set on stove until it boils, and sweeten to taste. Peel and slice ripe peaches to nearly fill a baking-dish, sprinkle with sugar, pour the tapioca over them, and bake slowly one hour. Serve with cream and sugar.

Peaches and Cream.—The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar two or three hours before serving. Allow about four ounces sugar to a quart. Soft peaches after peeling are best eighthed or sliced. A nice way to serve is in large glass bowls ornamented with quarters of red or yellow peaches neatly placed, and a pitcher of cream with each bowl separately. If served individually in saucers, pour cream over only as they are dished up.

Peaches in Marmalade.—Pare and halve four fine, ripe peaches and let them *just simmer* from five to eight minutes in a syrup made with third of a pint water and three ounces white sugar, boiled together fifteen minutes; lift out carefully into a deep dish, pour about half the syrup over them, and into the remaining half throw a couple of pounds more quite ripe peaches and boil to a perfectly smooth dry pulp or marmalade, with as much powdered sugar as the fruit may require, adding a little lemon juice. Lift the other peaches from the syrup, and reduce it by very quick boiling, more than half. Spread a deep layer of the marmalade in a dish, arrange the peaches symmetrically around it, and fill all the spaces between with the marmalade; place half of a blanched peach kernel in each, pour the reduced syrup equally over the surface, and form a border around the dish with Italian macaroons, or, candied citron, sliced very thin, and cut into leaves with a small paste-cutter. The better to preserve their form, the peaches are sometimes merely wiped, and then boiled tolerably tender in the syrup before they are pared or split. Half a pint water, and from five to six ounces of sugar must then be allowed for them. If any of those used for the marmalade should not be quite ripe, it will be better to pass it through a sieve, when partially done, to prevent its being lumpy.

Pears.—The California Bartlettts are the finest to be had in the world, and are in market from July till October. The New York

Bartletts rank next, and have fully as good a flavor, but are not so large. The New York Duchess is also a choice pear—very fine for canning—and the Seckle, raised in both New York and California, is best for pickling. The Pound pear is the largest, but good only for canning. To serve whole, wash, if necessary, wipe dry, and arrange in glass dish with green leaves; the addition of oranges has a pleasing effect.

Baked Pears.—Bake washed, unpeeled pears in pan with only a teaspoon or two of water; leave stems on, sprinkle with sugar, and serve with their own syrup. Or, for a more elaborate dish, pare and cut twelve pears into halves, and, should they be very large, into quarters; leave the stems on, and carefully remove the cores. Place them in baking-dish or bean-pot with cover; add one lemon rind cut in strips, and the juice of half a lemon, six cloves, ten pounded allspice, and sufficient water to just cover the whole, with sugar in proportion of a half pound to each pint water. Cover closely, put into very cool oven, and bake from five to six hours. Be very careful that the oven is not too hot. To improve the color of the fruit, a few drops of prepared cochineal may be added; but this will not be found necessary if the pears are very gently baked. Take out in glass dish, being careful to preserve shape, and pour over them the juice in which they were baked. Serve cold, placing on ice a half hour or so before wanted. If a larger quantity is to be baked, pack carefully in layers with seasoning between. *Stewed Pears* may be prepared in same manner with same ingredients; cook slowly in porcelain-kettle on top of stove instead of baking. Serve as above. Or, peel the pears, leave the stems on, and place them whole in a stew-pan with a little water, sugar, cloves, cinnamon and lemon peel. Stew gently and add one glass cider, if liked, or omit both spices and cider. Some like a vanilla bean stewed with them. Serve cold.

Jellied Pears.—Peel and cut four large or six small pears into quarters, put them into a jar with three-fourths pint water, cloves, cinnamon and sufficient sugar to sweeten the whole nicely, cover down the top of the jar, and bake in a gentle oven until perfectly tender, but do not allow them to break. When done lay in a plain mold, which should be well wetted; simmer three-fourths pint of the liquor the pears were baked in with a strip of lemon peel, strained juice of half a lemon, and a half ounce gelatine. Let these ingredients simmer well five minutes, then strain the liquid warm over the pears; put the mold in a cool place, and when the jelly is firm turn out in a glass dish. A less elaborate way is to pare and quarter eight nice pears, and put in a porcelain saucepan with water enough to cook; put on lid and simmer fruit gently until tender, then remove to a platter; make a syrup of a pound sugar and a

pint pear-water; add juice two lemons, grated rind of one, and put in the pears; cook a few minutes then remove to the dish in which they are to be molded. Soak an ounce gelatine an hour or two in enough water to cover, and stir it into the hot syrup; let boil up once and turn it over fruit through a strainer. The mold should be dipped in cold water before putting in fruit. When cold turn jelly into a dish and serve with whipped cream around the base, or serve in saucers with sweet cream.

Pear Compote.—Make as apple compote, or cook six or eight canned pears in their syrup until it becomes like honey; then remove from the fire, halve and lay in a dish. Beat whites of two eggs to a stiff froth, sweeten, and spread over the pears. Brown with salamander or in oven, if desired. Or, for a *Compote with Eggs*, peel good, sound pears, cut into quarters, and take out seeds, flour them lightly and fry in butter. Add enough water and sugar to make a syrup and stew the pears until tender. Take up the pears, thicken the syrup with well-beaten yolks of eggs; pour over the pears and serve.

Alligator Pear Salad.—The alligator pear is a tropical fruit but little known, that tastes something like the American chestnut, and is finding its way to some tables. Select green-colored fruit, as the black over-ripe fruit is not good. Cut the pear in two, remove the large seeds, pare away the outer rind, then cut the fruit into strips, and season with a saltspoon salt, two tablespoons olive oil, and a teaspoon tarragon vinegar.

Baked Pie-Plant.—Wash, peel and cut into inch pieces, and place in covered baking-dish, sprinkling sugar on each layer, using about a teacup to a quart. The nicest thing to cook it in is a covered bean-pot, allowing one hour from time it is put in oven. This makes a delicious sauce, far superior to stewing it. If baked without a cover it will be done in half an hour, but is nicer to cover and confine the aroma.

Stewed Pie-plant.—Make a rich syrup by adding sugar to water in which long strips of orange peel have been boiled until tender, put a single layer of pie-plant three inches long, and stew gently until clear. When done remove and cook another layer. This makes a handsome dessert dish, ornamented with puff-paste cut in fanciful shapes. Use one orange to two and a half pounds pie-plant. Some prefer to stew pie-plant in clear water, turning off all the water possible when done and letting it get almost cold before sweetening. Less sugar is required, and it is also thought to be much nicer. To remove the strong acid taste, and also effect a saving in sugar, many turn boiling hot water over it before cooking and let stand until cold, then turning it off; some let stand in the

hot water only five minutes or so. *Fried Pie-plant* is also nice. Fry in butter like apples. and sweeten well.

Pine-apple.—The Strawberry is the best variety, though the Sugarloaf is good, of smoother exterior, fine-grained and tender, but not so juicy and high-flavored as the former. This fruit is so perishable that to keep even a few days it must be cooked. To prepare, peel and cut the fruit into dice. Throw away the core or heart, as it is bitter. Sprinkle thickly with sugar and place on ice some time before serving; many let it stand overnight, but as pine-apples darken by exposure to air, if wanted to look nicely, serve at once. Just before wanted pile high in center of fruit-dish, with border of sponge cake slices, lady fingers or jelly sandwiches (see Jellies and Jams), and the tuft of the pine-apple topping the whole. Very nice if sliced on a slaw-cutter, and some after paring pick the fruit from the core with a knife. A dish of alternate layers of shredded pine-apple and cocoanut, sprinkled with sugar and served with a sauce of orange juice, is a nice dessert. Or, peel and cut a pine-apple into uniform slices, put in a glass dish and cover with a cup powdered sugar. Let stand to form a syrup, and just before serving add a half cup orange juice. *To Keep*.—Pare and cut out the eyes of a ripe pine-apple, strip all the pulp from the core with a silver fork; to a pint of this add a pound of granulated sugar; stir occasionally until sugar is dissolved, put in glass fruit-cans, and turn down the covers as closely as possible. This will keep a long time.



Pineapple.

Plums.—The California and Oregon varieties may be had through August and September, as also the domestic sweet plums. The Blue Damsons, a sour variety, come later, and are highly prized, many considering them superior to the sweet plums. The Green Gages and Imperial Gages are excellent for canning and preserving. To serve, they may be simply heaped



Plums.

Baked Quinces.—Core the quinces and rub them well, put in baking-pan, and fill core cavity with powdered sugar. Bake till tender and serve with sugar and cream. Or, pare, quarter, extract the seeds and stew in clear cold water until a straw will pierce them; put into a baking-dish with a half cup sugar to every eight quinces, pour over the liquor in which they were boiled, cover closely and steam in oven one hour. Pour the syrup over them and serve. *For a Quince Compote*, cook as above, then take out the fruit, lay in covered bowl to keep warm, return syrup to saucepan and boil twenty minutes; pour over fruit and set away covered to cool. Serve cold.

Strawberries.—If to be plainly served select large fine fruit with the stem on, clip the stems within an inch of the berry, and arrange in basket as in cut, bordering with leaves, and rounding the center by heaping up more leaves. Arrange the strawberries carefully, standing them on their stems, and pass with a tiny cup (wine-glasses, egg-glasses or even butter-plates will do) of powdered



Strawberries.

sugar to each guest. The berries are taken by the stem, dipped into the sugar and eaten. Never wash berries unless absolutely necessary. But if they must be washed, take a dish of cold, soft water, put in a few berries, and with the hand press them down into the water once or twice, until they look clean, then hull them. Repeat the process till all are hulled, changing the water often. Never drain in a colander. Some wash them by putting them under the pump in an open basket, and give them one good showering that passes through the berries and carries off all grit and dirt. If not to be eaten for an hour or more, hang the basket in the refrigerator, and do not hull them until the last moment, though many prefer to stem them and sprinkle thickly with sugar two or three hours before serving, while others put no sugar over them until dished at table.

Frosted Fruits.—Most all fruits can be thus treated and make a delicious dessert. Whip whites of two eggs and stir in a half pound fine granulated sugar, beating fifteen minutes. Prepare *Frosted Oranges* by skinning oranges, removing as much of the white pith as possible, without breaking them, passing a thread through the center of each, dip them into the frosting until thoroughly coated, and then tie them to a stick; place the stick across the oven and let the balls remain until thoroughly dry, when they will have the appearance of balls of ice. Care must be taken not to have the oven so hot as to brown them. Send to table heaped on dish with green leaves around. A very pretty dessert or supper dish. Or the oranges may be peeled and divided into sections, removing as much pith as possible, whip together on a plate with a knife or fork white of one egg and four tablespoons water, add a dessert-spoon powdered sugar, mix all thoroughly and strain through a sieve into another plate; dip the fruit into these, roll carefully in sifted powdered sugar and place on a sieve to dry. Or some use the stiffly-whipped whites of two eggs with one tablespoon water, and proceed the same. Others simply beat the whites until they break, and do not use water. *Frosted Peaches* are done same as oranges, first rubbing off the fuzz with a clean cloth, and when partially dry roll a second time in the sugar. *Frosted Currants* may be thus prepared in bunches, also *Frosted Grapes*, or these may be taken on a needle and done singly. *Frosted Cherries* are also done singly on their stems, or in bunches. For *Frosted Bananas*, procure those of

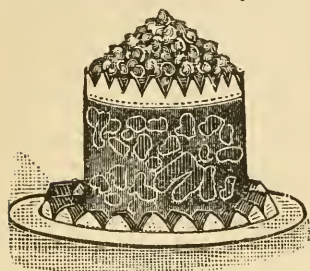
medium size, peel and frost whole by brushing them over with the whipped egg mixture, using the pastry brush for this, and dipping powdered sugar over them; or cut into nice slices, wipe dry, and frost as other fruits. For *Frosted Pears* choose small Bartlett or Sugar pears. *Frosted Berries* are nice, and any kind of berries may be thus served, if large, perfect and not over-ripe. *Frosted Plums* are nice also. Very pretty effects are produced by serving the different kinds of frosted fruits in same dish, piling the sections of oranges evenly in a cone in center and arranging the grapes, currants, etc., around the base, interspersed with green leaves, or with stems put into the cone at intervals, or in any way fancied. A pretty dish of oranges alone is made by first frosting one-third the sections, as above, then color one-third of the sugar with a few drops liquid cochineal, letting it dry, and rolling if it lumps; roll one-third of the oranges in this, and glaze the remaining third according to directions for Glazing Fruits. Put together in dish, in rows of each color, or in any pretty order, on a base of green leaves.

Frozen Fruits.—These are frozen the same as water ices, requiring more salt in freezing than ice cream. If let stand half an hour in the freezer on ice they will freeze easier. If in preparing the mixture the sugar does not dissolve entirely, which is very necessary, add more water, or, better still, juice of the same fruit, to just dissolve it, and then when ready, freeze. For *Frozen Oranges* take two pounds Florida oranges, first rub one-third of the oranges with a handful or two of granulated sugar taken from the two pounds sugar to be used in recipe, then peel, quarter and halve each quarter, take out seeds, and mix with all the sugar as above, juice of two lemons and one quart water. When sugar is dissolved put in freezer and turn slowly, so as to break the orange pulp as little as possible. For *Frozen Strawberries* mix two pounds berries and juice of two lemons, or for a richer flavor use oranges, let stand half an hour, add two pounds sugar, and after another half hour one quart water, and as soon as the sugar is dissolved, freeze, and color with a few drops of carmine. For *Frozen Pine-apples* take the Birdseye or Rose, prepare as for serving, cutting into dice; mix at once in same proportions as strawberries, omitting the carmine. *Frozen Bananas* are prepared in same way. For *Frozen Raspberries* mix two pounds each berries and sugar, stir lightly once or twice till sugar is dissolved, add one quart water and freeze, stirring only enough to congeal it. If purple berries are used, put two table-spoons each currant juice and sugar to each pound fruit. Some prefer juice of lemons to that of currants. For *Frozen Cherries* bruise one dozen kernels in a mortar to a paste, and tie loosely in muslin. Mix two and quarter pounds cherries, having first stoned them, and two pounds sugar, put in kernels, let stand half an

hour, add water, stir gently to dissolve sugar, take out kernels and freeze. The very small quantity of kernels used gives a pleasant nutty flavor, and a hardly perceptible bitter taste, which is acceptable to most palates; but if disliked by any it may be omitted. For *Frozen Currants* mash one and one-half pounds currants and one-half pound raspberries lightly, add two pounds sugar, and after half an hour one quart water, and when dissolved, freeze. If the fruit is very acid add more sugar. *Frozen Peaches, Apricots, Nectarines and Plums* are prepared the same, except the three latter are not pared. Select two pounds white-fleshed peaches and rub off fuzz, pare, cut in half and drop at once into ice-cold water; when all are pared, drain quickly, and mix with two pounds sugar, adding one dozen kernels which have been pounded to a paste, and tied in a muslin bag. Add one quart water, and when sugar is dissolved, take out bag, chop fruit into dice, mix and freeze. Color faintly with carmine. Use canned apricots if fresh cannot be obtained. For *Frozen Apples* pare and core two pounds apples and drop into cold water. When all are prepared, drain, cut into dice, mix with two pounds sugar, add half ounce apple seeds, bruised and tied in a muslin rag, stir lightly. after half an hour add the water, mix well, remove bag and freeze. For *Frozen Grapes* stone and gently mash two and a quarter pounds fruit, mix with two pounds sugar, after an hour add one quart water and freeze. For a *Macedoine of Fruits* mix two or more fruits that harmonize in flavor, as orange and pine-apple, peach and apricot, apple and orange, plum and grape, raspberry, cherry and currant, strawberry and lemon. Mix in any of above proportions and freeze.

Glazed Fruits.—Boil a cup each granulated sugar and water together half an hour (less water may be used), or until it becomes brittle when dropped in cold water. Pour this syrup in a bowl placed in hot water, and dip the fruit to be glazed in this and place to dry. For *Glazed Oranges* peel and separate into the natural divisions without breaking the skin. Take each piece on a skewer and dip into the hot syrup and then place the other end of the skewers in a bowl of salt, with the oranges hanging over the edge, that the glazing may dry perfectly, or lay them on a slightly buttered plate. Plums, grapes, cherries, currants and other fruits may be glazed in same manner. Do not stir the syrup or it will grain, and it is well to add the juice of a lemon to prevent its turning to sugar. If it begins to grain add a little water and reheat. Or the syrup may be made of a pound sugar, a large half cup water, and a half teaspoon cream tartar. *Iced Fruits* are done by simply coating with plain white icing, made with whites of eggs and sugar, as for cake.

Macedoine of Fruits.—With jelly this is a handsome dish for dessert, and seems a very elaborate one, but is quite easily prepared. Any



Macedoine of Fruits.

bright-colored jelly, flavored nicely, will do for the purpose, and these are speedily prepared by means of gelatine. First put the mold on ice, and proceed to fill alternately with jelly and different kinds of fruits; pour in a little jelly and when set arrange fruits in a circle, or according to taste; pour in more jelly, and when it hardens put in more fruit, and continue thus until full. Grapes, cherries, peaches, strawberries, or any fruits, the smaller ones on their

stems, the larger ones cut in pieces, show off handsomely, and if fresh fruit is scarce, preserved or candied fruit may be used. Keep the jelly in a pan of hot water to prevent its hardening until used. When firm turn it out and surmount the whole with mixed fruits.

Fruit Balls.—Spread boiled rice over a cloth and lay on the rice cherries, berries or oranges, peeled, and as much pith as possible removed, tie closely, boil long enough to cook the fruit, sprinkle with sugar and serve with syrup, or sugar and cream, or any sauce liked. Or, pare and core apples whole, put some sugar and a clove into each, put the rice around them, tie in a cloth and boil until tender. Serve same.

Fruit Juices.—Mash the juicy fruits to a pulp, place on fire till scalding hot. Pour into a puree sieve and allow the juice to run through. Put into bottles or cans and seal and finish as in Canning Fruits by placing them in boiler of cold water and boil for twenty minutes. Remove from fire and allow to remain in boiler until cold; then set away for use. In the case of non-juicy fruits, such as apples, pears, peaches, etc., put fruit in saucepan, cover with water, and boil to a pulp, place on a hair sieve and allow to drain without any pressing. Bottle this juice as above. This makes the clear, transparent extracts for syrups, cordials and beverages. In cases where the flavorings are to be used for any purpose where transparency or clearness is not desirable, such as for ice creams, fruit-ices, or bon-bons, then use not only the clear fluid but also the pulp, and bottle as above.

Fruit Salad.—For platter of salad sufficient for twelve or sixteen take half dozen each oranges and pears, one dozen each peaches and bananas, pound each white and red grapes and one lemon; pare the large fruits, and first cut an orange in small pieces and place in center of platter; on top of or around these pieces cut a peach or two (according to size), then a banana, then a pear—

using one's fancy in the shapes of the pieces, some round, some square, some oblong, etc. Wash a few of the grapes and place them (without stems) at different points over the layer, and dust over with granulated sugar, then squeeze upon it a little lemon juice. Now commence again with orange and proceed as before with all the fruits until platter is nicely filled and rounded with the different fruits. Finish with small clusters of red and white grapes (on stems) alternately placed around the edge of the platter and small thin slices of the red core of watermelon may be added with the grapes. If the juice accumulates too much in platter carefully dip it into a small pitcher, and as the salad is served pour over some juice. This can be made of canned fruits (adding strawberries), but does not look as well.

Fruit Toasts.—Halve and stone peaches and place each half inside uppermost, on thin square or round pieces of bread; place in bottom of well-buttered dish, with a piece of butter in each, sprinkle with sugar and bake a half hour in moderate oven; when done, arrange carefully in a dish, pour the syrup from baking dish over, and serve hot. Apricots, large plums and pears are nice baked thus.

Fruit in Jelly.—Put a half pint clear melted calf-foot jelly into a bowl; lay in three peaches and a bunch of grapes, with the stalks upward; put in three small vine leaves next, and fill up with the jelly; let stand overnight, then set to the brim in hot water; when the jelly loosens from the bowl put dish over it and turn out carefully.

Ambrosia.—Take four each oranges and bananas, one pine-apple (canned may be used), quart strawberries and ten tablespoons grated cocoa-nut. Peel the fruit, stem the berries, and place in glass dish a layer of berries, then sliced pine-apples, then oranges cut in small pieces, taking out seeds, then bananas sliced crosswise, adding strawberries here and there, so that they will show through the dish; now another layer of pine-apples, then bananas, then oranges, placing sugar between each layer and over the top, using one and a half pints powdered sugar. Cover with the grated cocoa-nut and over this place a layer of large selected strawberries. Let stand in a cold place for an hour or two before serving. Same can be made with half as many oranges and bananas, omitting cocoa-nut and placing fruits in successive layers, not scattering the strawberries; or take six sweet oranges, one pine-apple, one large cocoa-nut, grated, and sprinkle pulverized sugar over each layer. Or, use six oranges, six lemons, and two cocoa-nuts, or only oranges and cocoa-nuts, prepared as above. Some pour over the orange and cocoa-nuts a half cup each orange and lemon juice, and it is delicious added to any ambrosia.

Melons.—These fruits are always served fresh, and should be thoroughly cooled by keeping on ice until just ready to send to the table, and are nicer if left on ice overnight. Garnish with flowers or green leaves, or arrange a border of the smaller fruits around it. The latter gives a very pretty effect. The *Nutmeg Melon* is the finest variety. To prepare for the table, wash them and wipe dry, set on the blossom end, and cut in several equal pieces from the stem downward, leaving each alternate piece still attached; the others may then be loosened, the upper end clipped off and the seeds removed, when the melon is ready to serve, as shown in cut. Or cut off the top of each melon, remove the seeds, fill with powdered ice, replace the tops and send to table as if whole. Some prefer to serve them cut in halves, with a lump of ice on each. This cools them perfectly and quickly. As a dressing some place a tablespoon honey in each half, but most people like sugar, or a seasoning of salt and pepper, which is usually sent round with them. They are also sometimes served with a salad dressing, when rather insipid and tasteless, though more of a breakfast than a dinner dish. Melon is often sent on after the soup at dinner. For a nice *Melon Salad* pare rind from a musk or nutmeg melon and slice lengthwise; cut these slices crosswise as sliced cucumbers, place in bowl, sprinkle with salt and pepper and add three or four tablespoons oil or a little melted butter. Let stand half an hour on ice, then add a pinch sugar and a little vinegar, spoonful at a time, simply to moisten without leaving any liquid in bowl. Serve as first course at breakfast heaped in middle of platter, garnished with green. If a melon is found insipid or over ripe, scoop out the pulp by spoonfuls instead of serving in slices and pass a French dressing with it, which poured over the melon pulp makes a very appetizing dainty.



Nutmeg Melon.

Watermelons must also be *thoroughly chilled* by standing on ice several hours and are served as fruit at dessert. The fruit may be cut as illustrated and sent to table on a border of green leaves, when it is served in slices with the rind attached; or clip the ends of the watermelons, cut them across in halves, set upon the clipped ends on a platter, and serve the pulp only, removing it in symmetrical egg-shaped pieces with a spoon; or if very large, cut across in thick slices, and serve in nice triangular shaped pieces on the rind. Some season with sugar and some with salt, and some not at all. Watermelons have been kept fresh until into the winter by gathering before quite ripe, wrapping in newspaper and packing in sawdust.



Watermelon.

Chestnuts.—To boil chestnuts, shell, and put them into warm water, slightly salted, and cook fast fifteen minutes. Turn off the water through a colander; stir a good-sized piece of butter into the

hot chestnuts, tossing them over and over until glossy and dry. Or put half an ounce aniseed into water enough for fifty chestnuts, and boil, first clipping of the points off the nuts. Serve on a hot napkin in deep dish. For *Stewed Chestnuts*, first roast them and when done, shell and put in a pan with water, allowing quarter of a pint to a pound of sugar and two pounds chestnuts. Stew fifteen minutes, adding slowly the juice of a lemon.

Cocoa-nut—A nice dessert is made by grating a large cocoa-nut into a glass dish, serving with cream, preserves, jellies or jams. *Cocoa-nut Puffs* are also nice for dessert. To prepare, break a fine ripe cocoa-nut, lay pieces in cold water, drain and dry well, then grate and put in little heaps on a glass dish. Flatten the heaps in the center so as to make a hollow and fill with preserves. Whip a pint of rich cream to a froth, sweeten and flavor with lemon; pile this on top of the preserves and serve. The little heaps should not be larger round than a dollar. To *Dry Cocoa-nut*, grate three or four and put in pan with one cup sugar; steam over a kettle of hot water until the sugar is melted; set in the oven and stir frequently until dry.

Salted Almonds.—Blanch shelled Jordan almonds, place in a bed of salt in dripping pan, put in a rather slow oven, watch carefully and when browned and nicely flavored, take out. A quantity can be made at a time. Serve as a last course at a dinner or evening party.

Walnuts and Hickory Nuts.—Crack and pick from shells; sprinkle salt lightly over and serve mixed in same dish. All nuts are much more wholesome when eaten with salt.

Dried Fruits.

In providing a supply of fruit for winter use, every experienced and economical housekeeper prepares an abundance of dried fruits. Drying is much less expensive than canning or preserving, and fruit wanted for pies, puddings, etc., is better if preserved in this manner, while many prefer the flavor of dried peaches, when properly done, to that of the finest canned fruit. Time and care are both required in its preparation, however, to attain satisfactory results. Always place to dry in the open air when possible, but when much fruit is dried, it is necessary to have a house for the purpose. Small quan-

tities should be so arranged as to be placed near the kitchen fire when taken in at night or during stormy days. Those who have hot-bed sash, can easily arrange a drying apparatus which will dry rapidly and at the same time keep off insects. A hot-bed frame with a bottom to it, and raised above the ground, makes a capital drying box. The sash should be elevated at one end to allow the moisture to pass off, covering the opening with netting. Or the fruit will dry nicely if spread in shallow boxes or box covers, covered with mosquito netting to prevent flies reaching it. When impossible to dry out of doors, the fruit may be placed on plates and dried in the oven, but care must be taken to prevent scorching. A recently patented convenience is a fruit evaporator for family use, which consists of a rectangular pan of thick tin about two and a half feet long by fourteen inches wide, with a double bottom. The space between the bottoms is filled with hot water by means of a little pipe that projects to the top of pan from one corner; the fruit is placed on the upper bottom and the separator is set on the stove or range to keep the water hot. The pan can be moved about on the range, or set off for a few minutes if wished and the fruit dries rapidly with no danger of burning. Methods of preparing and drying the different fruits are described hereafter. When thoroughly dried, put away in jars in dry places and cover closely, or tie up in paper sacks. The secret of keeping dried fruit is to *exclude the light*, and to keep in a *dry and cool* place. Paper sacks, or a barrel or box lined with paper, are secure against moths. Reheating fruit, which is necessary if it becomes damp, makes it dark in color and impairs its flavor, and should be avoided if possible by keeping in a thoroughly dry place. When a jar or sack of dried fruit is opened, always fill a fruit can or small sack, and keep for present use, to avoid opening often. It is said that dried fruit put away with a little sassafras bark (say a large handful to a bushel) will keep for years unmolested by those troublesome little insects which so often destroy hundreds of bushels in a single season.

Any of the fruits that have been preserved in syrup may be converted into dry preserves by first draining them from the syrup, and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six

or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards, they are to be kept dry in drawers or boxes. Currants and cherries preserved whole in this manner, in bunches, are extremely elegant, and have a fine flavor.

Fruits of every kind may be candied by first boiling them in syrup, then take out and dry in a pan on stove or before the fire; boil the syrup to a candy, dip fruit into it once more, and set to dry. Put into covered boxes or patent jars it will keep a long time.

To freshen figs, wash them thoroughly and dry on a towel and heat them in the oven; take out and roll in powdered sugar.

In selecting dried currants secure the Zante variety. They are not currants but a small seedless grape from the Zante Island, and like all candied and dried fruit, such as citron, lemon and orange peel, etc., should be moist, tender and without crystals of sugar on them. In raisins the Sultanas or Seedless, which come to us from Smyrna, packed in drums, and are of a light amber color, plump and moist, rank first for fine cakes and puddings, but the Valencia are cheaper and more commonly used; for table, the loose Muscatels and layer raisins are preferred; of the latter, the Dehesia Layer is the finest, very large and fancy, the Cabinet Layer, in bunches, stands second, and the London Layer third. All raisins except the Sultanas should be large, plump, tender and fleshy, with a bluish cast and no crystals. The California raisins have a tough skin and large seed, and are not nearly so desirable as foreign importations, but are largely used on account of the very low price.

Candied Almonds.—Blanch any quantity of almonds, then fry in butter till a light brown color; wipe nicely with a napkin, and put into a pan. Make a syrup of white sugar, and boil to a thread—that is, until on taking a drop of the sugar between the finger and thumb it will produce a thread; care must be taken to boil it to the exact candying-point; pour it boiling-hot upon the almonds, and stir them till quite cold. An excellent method of preparing almonds or any nuts for dessert. Or simply blanch them, roll while moist in powdered sugar, and place in oven to dry.

Candied Apples.—Squeeze juice of two or three lemons into preserving kettle. Peel, core and slice small apples; put into the lemon juice and shake over the fire a minute or two and set aside to

absorb as much juice as possible. When quite cold, put into a syrup of boiling sugar and let simmer until the syrup is turned to sugar again. Take out the fruit and dry. Or peel Golden Pippins, or other nice tart apples, and put them into a sauce-pan cold water; let them gradually come to a boil, when remove a little from the fire, and as soon as they begin to soften take up and drain. To one quart water in which they were boiled put a pound and a half white sugar; boil and skim it; put in the apples, let come to a boil, and take them from syrup; repeat this operation three or four times and put them on a sieve to dry, flatten them gently with the hands, and arrange them in bon-bon boxes.

Candied Cherries.—Make a syrup of two pounds loaf sugar and one cup water and boil until thick enough to “pull,” as for candy. Remove to side of range, and stir until it shows signs of granulating, and it is well to stir frequently while cooking, to secure this end. When there are grains or crystals on the spoon, drop in carefully stoned cherries, a few at a time. Let each supply lie in the boiling syrup two minutes, when remove to a sieve set over a dish. Shake gently but long, then turn the cherries out upon a cool, broad dish, and dry in a sunny window. Enough for two quarts cherries.

Candied Citron.—Pare the citron, remove seeds, let lay overnight in a weak syrup. Next morning drain through a colander; and for each pound citron, take a pound white sugar; boil the sugar until quite a thick syrup is formed, then drop the citron in and cook down thick; when done, pour out on plates and leave near the stove until dry, then sprinkle with granulated sugar and keep in glass jars. Lemon and orange peel can be prepared in the same way, but without laying in syrup overnight. Or, simply boil the citron in water until it is clear and soft enough to be easily pierced with a fork; take out, put in a nice syrup of sugar and water, and boil until the sugar has penetrated it. Take out and spread on dishes to dry slowly, sprinkling several times with powdered sugar, and turning until it is dried enough. Pack in jars or boxes with sugar between the layers.

Candied Currants.—To candy currants it is only necessary to dip them into syrup prepared as for Candied Cherries. They are made very nice by sifting powdered sugar over when taken from the syrup. *Candied Grapes* and *Berries* prepared same way.

Candied Lemon Peel.—Soak the peels in salt and water overnight; in the morning freshen in three waters and boil till tender; make a syrup of a quart water to a pound sugar and simmer the peels in it half an hour; pour into a bowl together and let stand until next day, then make a syrup to cover them of a pound sugar to a pint water for each pound pulp, boiling till it threads; put the peel into

the syrup, boil half an hour, take out and drain on a sieve, and as the candy dries, transfer to a dish to dry in a warm place. *Candied Orange Peel* prepared same way. When the orange peel is sliced very thick it is called *Orange Citron*.

Candied Peaches.—Peel and slice ripe peaches, make a thin syrup and boil fruit until it looks clear; lay on a sieve to drain, then roll in dry brown sugar and expose to the sun; change to dry dishes, dip in sugar again and leave until entirely dried and crystallized.

Candied Tomatoes.—Scald and skin pear-shaped (or any small-sized) tomatoes, and to eight pounds add three pounds brown sugar; cook without water until the sugar penetrates and they have a clear appearance, take out, spread on dishes, and dry in the sun, sprinkling on a little syrup while drying; pack in jars or boxes, in layers with powdered sugar between. Thus put up they will keep for any length of time, and are nearly equal to figs. *Candied Peaches* may be prepared in same way.

Dried Apples.—Take only good, sound fruit, pare, quarter and core and slice lengthwise; spread in the sun or fruit evaporator to dry, or run them on strings and hang near kitchen fire. A piece of coarse muslin or net stretched over a frame and hung from the ceiling, may also be used for drying. When found that winter apples are not keeping well it is an excellent plan to begin drying at once to prevent waste, and despite the prejudice against dried apples, the fruit so put up at home may be made with a little painstaking into sauce and pies that will be eaten with a relish in the spring when fruit is scarce and high.

Dried Apple Sauce.—Look over dried apples carefully and soak until tender in enough cold water to cover, allowing for swelling. The old-fashioned dried apple requires soaking overnight, or for several hours; the delicate *sliced* dried apple, sold as “evaporated apple,” requires only about fifteen minutes, in just water enough to cover. The former must be carefully washed before soaking, but the sliced apple is perfectly clean. Boil in the water it was soaked in, steadily and slowly, and stir often, keeping closely covered. Break up the dried rind of an orange for every quart of apple, and boil with it. When soft, like jam, take off and rub through sieve. Sweeten to taste and serve cold. Some like to season highly with cinnamon. To prepare quickly, soak fifteen minutes in clean warm water; drain, cover with cold soft water, place on the stove, let boil slowly two to four hours, mash fine, sweeten and season with cinnamon very highly. For a nice sauce with raisins, put two pounds dried apples and one pound raisins in a crock with plenty of water and set on back of stove. Let boil slowly all day. When almost done add a lemon

peeled and sliced very thin and two pounds sugar. Never add sugar until about five minutes before removing from the stove, otherwise the fruit will be toughened and hardened. A nice way of serving is to raise a border of dried apples prepared as in first recipe above, in a large dish or ice cream saucer, as the case may be, fill the hollow middle with boiled custard and spread a meringue of sweetened and whipped whites of eggs on top. Brown with hot salamander or shovel. *Black Apple Sauce* is made with dried apples and dried black raspberries stewed together. Soak both separately overnight in water to cover. Stew the apples in water soaked in, until half done, then add raspberries, without the juice, and when both are nearly done sweeten to taste and simmer gently a few moments longer.

Dried Bananas.—A method for drying bananas has been patented in Jamaica, and they may now be purchased in the larger cities. The fruit retains its flavor in a remarkable degree. The banana is cut in half lengthwise and dried slowly, which prevents fermentation and decay. They are prepared for use as other dried fruits.

Dried Blackberries.—Dry in the sun, or fruit evaporator, or in the oven, like apples, being careful when drying in oven not to scorch them in the least. Dried thus, blackberries make excellent pies and are better if not stewed for this purpose. If simply put in the crust with sufficient water and sugar and a very little flour they will be found to cook quickly and retain their fresh flavor in a remarkable degree. Some prefer, however, to dry them with sugar, allowing a pound sugar to eight or ten quarts berries; put over the fire with a half pint water and bring slowly to boiling point; then skim out berries and spread on plates to dry, pouring the juice over, a little on each plate. *Dried Raspberries* may be prepared after either method.

Dried Cherries.—Cherries may be put into a slow oven and thoroughly dried before they begin to change color. Be careful that the oven is not too hot. They should then be taken out, tied in bunches and stowed away in a dry place. Nice cooked with sugar for winter dessert. Another method of drying is to stone them and put into a preserving kettle with plenty of sugar, about five table-spoons to each quart; simmer till the fruit shrivels, when it should be strained from the juice. Place the cherries in an oven cool enough to dry without baking them. The same syrup may be used to do another quantity of fruit, though some boil the syrup until very thick and pour it over the fruit as it dries, a little at a time. Pack in jars and paste paper over the top. An excellent method of drying both *cherries* and *currants* is to put in jars first a layer of fruit, then a layer of sugar, in the proportion of half a pound sugar to pound fruit and let stand overnight; place them to boil, skim-

ming off all scum, let boil ten or fifteen minutes, skim out and spread on dishes to dry in the sun, or by the fire, turning frequently until dry; then place on pans in oven, stirring with the hand often until the heat is too great to bear. They may then be packed in jars with sugar, or put away in paper sacks, or stone crocks with a cloth tied closely over the top, and are an excellent substitute for raisins in puddings or mince pies. To dry cherries without sugar, stone, and set them over the fire in the preserving pan; let them simmer in their own liquor, and shake them in the pan. Put them in common china dishes; next day scald again and when cold put on sieves to dry in moderate oven. Twice heating, an hour each time, will do them. Put away in a box with a paper between each layer.

Dried Currants.—Take one pint sugar to a pint stemmed ripe currants; put them together in a porcelain kettle, a layer of currants at the bottom; when sugar is dissolved, let boil one or two minutes, skim from the syrup, and spread on plates to dry in a partly cooled oven. Boil the syrup until thickened, pour it over the currants, and dry it with them. Pack in jars and cover closely. *Blackberries* may be dried in the same manner. An economical way of making jelly is to boil the liquid after currants are taken out, skimming well, until it becomes a jelly, and put away in jelly glasses.

Dried Gooseberries.—To seven pounds goosederries add a pound and a half of powdered sugar, strewing it over them in preserving kettle. Let remain over a slow fire till they begin to break, and then remove. Repeat this process two or three days; then take the gooseberries from the syrup and spread out on sieves in the sun or near the fire to dry. The syrup may be used for other preserves. When quite dry put away in tin boxes on layers of paper. They will keep in this way all winter, and may be used for pies, tarts, etc.

Dried Greengages.—Procure fruit before quite ripe and leave stems on. Weigh, and allow a pound sugar and one-fourth pint water to each pound fruit, boil to a rich syrup, skim, put in the fruit and boil ten minutes, take from fire and drain the fruit; next day boil the syrup and put in the fruit, and continue the process five or six days; after draining the last time, place the greengages on a hair sieve and set in oven or other warm spot to dry; keep in a box, with paper between each layer, in a dry place.

Dried Peaches.—In preparing peaches for drying, if peeled at all do it by immersing for an instant in hot water as directed in Canning Fruits. It is said that in peaches, as in potatoes, the best of the fruit lies nearest the skin, and for this reason some never peel peaches for any purpose but rub them thoroughly with a woollen cloth. Dried peaches are better when halved and the cavities sprinkled with sugar while drying. The fruit must be good, however, as poor

fruit can not be redeemed by any process. Another excellent way is to dry them in the oven, and, when about half done, place in a crock a layer of peaches alternately with a layer of sugar; tie papers over them and set away.

Dried Peach Sauce.—Prepare as Dried Apple Sauce, but do not mash or season so highly. Cook in porcelain, without stirring, and sweeten to taste just before taking from fire. Very nice sweetened with maple sugar.

Dried Pineapple.—Pare and slice the fruit thinly, place it on dishes, strew over plenty of granulated sugar, and keep in a hot closet or very slow oven eight or ten days, turning the fruit every day until dry. Then put the slices on tins and set them in a quick oven for ten minutes. Let cool and put away in dry boxes with paper between each layer.

Dried Plums.—Select perfect fruit, just ripe but not soft, wipe and stone and put in a porcelain kettle with a quarter pound sugar for every pound fruit. Heat slowly to extract the juice and scald thoroughly, but without boiling. Skim the plums out with a coarse wire skimmer and spread carefully on platters; more plums may be scalded in same syrup, and when all are done boil the syrup until quite thick and pour over the plums placed to dry. Dry as quickly as possible. Some gather plums when full grown and just turning color and dry them whole. Prick the fruit, to prevent bursting, put into a saucepan cold water and set on fire until at boiling point; then take out, drain, and boil gently in syrup, made in proportion of one-fourth pint water to every pound sugar. If the plums shrink and will not take the sugar, prick them as they lie in the pan, give them another boil and set them away. Next day add more sugar boiled almost to candy; put all together in wide-mouthed jar and place in cool oven for two nights. Then drain the plums from the syrup, sprinkle a little powdered sugar over and dry in a cool oven.

Prunes.—Look over and wash nice French prunes; simmer gently in plenty of water, with a small stick cinnamon and a tablespoon strong vinegar to a pound of fruit, for at least six hours, and when thus thoroughly done, add just enough brown sugar to slightly sweeten them and thicken juice with a very little corn starch wet up in cold water; or in place of vinegar use a quarter teaspoon cream tartar mixed with corn starch, let prunes just boil and remove from stove. This makes a most delicious sauce and when nearly done a few kernels extracted from the prune stones, dropped in the juice, give a delicate flavor.

Browned Prunes.—Soak prunes overnight in cold water, boil until tender, not allowing them to break, and take out the pits.

Grate some chocolate, mix it with three ounces powdered sugar and beaten whites of three eggs. Dip the prunes one by one in the mixture, and put them, without allowing them to touch, on a buttered tin. Bake fifteen minutes and serve hot.

Fruit Pastes.—These are really candied fruits in another form. Care must be taken in cooking not to scorch them. For an *Apple Paste*, peel and core sound, ripe apples and put in water until quite soft; then rub through a puree sieve with a wooden spoon, weigh the pulp and put in a preserving kettle with same weight of sugar and boil twenty minutes; pour out thin on plates or in molds and dry on a cool stove or in a cool oven. Or, put an equal weight of apples and stoned plums into a preserving pan. Boil without adding any water. When the fruit begins to get soft add a pound sugar to each pound pulp. Boil slowly for an hour, and pour into shallow molds; place these in a slow oven, when the preserve will dry until it resembles a *Fruit Cheese*. To make an *Apricot Paste*, take ripe apricots, and put them in a preserving-pan with a little sugar, place on the side of the fire to reduce to paste, then rub through a hair sieve, allowing a half pound sifted sugar to every pound pulp. Put it on the fire and boil ten minutes. Spread on tins to dry. Make *Peach Paste* the same, cooking ten minutes longer. For *Currant Paste*, take either red or white currants, rub through a sieve, after having picked them over thoroughly; put the mashed fruit in a pan over the fire, stirring until it forms a paste; remove it, and to every pound pulp put one and quarter pounds fine sugar. Mix together, and boil twenty minutes; spread out on tin plates, cut into shapes and dry. For *Orange Paste*, press out the juice of five Seville oranges, boiling the rinds until they are very soft. With a thin wooden or bone spoon scoop out the pulp; pound the rinds in a mortar, as fine as possible, with half the juice of the oranges. Rub all through a hair sieve, and keep on the fire until it becomes like marmalade. Empty it out and weigh, allowing two pounds fine granulated sugar to each pound pulp. Boil it ten minutes, spread out thin on tin plates or tins, and cut it to any shape; dry it and keep in tin boxes. Make *Lemon Paste* in same manner, but do not use any juice. To make either *Cherry* or *Plum Paste* stone the fruit, boil to a jam, put through a sieve and finish as in first recipe for *Apple Paste*. These pastes may be cut into rings or any fancy shapes, and colored with a few drops of the usual coloring.

GAME.

Under this head are included all the edible wild animals and wild fowl. No market in the world is so abundantly supplied with this species of food as the American. The point of contrast between the flesh of wild animals and that of domesticated and artificially fed ones is the greater hardness and solidity of the flesh, the greater proportion of solid fibre to the juices, the less proportion of water and fat in the juices, and the greater proportion of lean to fat. Hence it follows that under the same circumstances (say when both the wild and the tame animals have been killed within a day) the mastication of the flesh of wild animals is less easy, the flavor is more concentrated, and the proportion of flesh-forming compounds is greater. They are therefore strong foods, and if well digested are highly nutritious. Their decided flavor is also a recommendation to invalids or others who, being satiated with ordinary food, need something to stimulate a defective appetite. White meated game should be cooked to well-done; dark meated game rare, and should always be sent to table *very hot*, with hot plates. Keeping game renders it more tender, and brings out its flavor, and the longer it can be kept without tainting the better it is. This is especially true of the pheasant and snipe. Any game may be kept several days in good condition by caring for it as follows: Pick, draw and rinse quickly with pure cold water; wipe dry, and rub lightly inside with a mixture of fine salt and black pepper. If to be kept quite a while, put in the cavity of each fowl a piece of charcoal, or rub inside and out with powdered charcoal, hang in a cool dark place and cover with a cloth, always hanging by the neck. Small

birds, unless too many of them, may be kept in refrigerator. Charcoal is an admirable preventive of decomposition. If hunters would draw game immediately after killing and stuff with hay, until it could be placed in the hands of the cook, it would be found to have a fresher, finer flavor and would keep much longer. Of game birds the woodcock outranks all in delicate tenderness and sweet flavor, but must not be kept too long. The thigh is especially deemed a choice tidbit. The leg is the finest part of the snipe, but generally the breast is the most juicy and nutritious part of birds. When birds have become tainted, pick clean as soon as possible and immerse in new milk for twenty-four hours, when they will be quite sweet and fit for cooking. Prairie chickens will keep well two or three days. Birds should be *carefully* dry-picked if feathers are wished, and if the wings are wanted, cut them off at the first joint before picking. Some then remove all feathers that come off easily, plunge for an instant in boiling hot water, and finish picking; while others do not put in water at all. When picked, singe, draw, wipe clean and *remove all shot*. Or, a quicker, *easier* and much nicer way is to skin without picking; if the skin is not broken make a small incision in the back and it will easily pull off. It is better not to skin ducks and geese, which should be dry-picked, scalded, and rolled in a woolen cloth ten or fifteen minutes; then finish picking and scrape the skin if necessary. Singe, draw and dress. Singeing with alcohol is much nicer and cleaner than with paper and does not darken the skin. Pour four or five tablespoons in a pan, light it and hold game over it. If more alcohol is wished, do not add till all is consumed.

Game should not be washed, unless absolutely necessary for cleanliness. With care in dressing, wiping inside with a damp cloth will render them perfectly clean. If necessary to wash, do it quickly and use as little water as possible. Some wash the inside of game, particularly prairie chickens, with soda and water, rinsing well with clear water, then dry with cloth. The more plainly all kinds of wild birds are cooked the better they retain their fine flavor. They require a brisker fire than poultry, but take less time to cook. Their color, when done, should be a fine yellowish brown.

Broiling is a favorite method of cooking game, and all birds are exceedingly nice roasted, especially quail. To broil, split down the back, open and flatten the breast bone by covering with a cloth

and pounding, and lay the inside first upon the gridiron; turn as soon as browned, and when almost done take off, place on a platter, sprinkle with salt, and return to the gridiron. When done, place in a hot dish, butter both sides well and serve at once. The time required is usually about twenty minutes. Broiling is the simplest of all forms of cooking and may be done well with a little attention. A brisk, clear fire, not too high in the stove, is necessary to do it with ease, but if necessary to have a high fire for other cooking, elevate the gridiron on two bricks to prevent scorching. Have the gridiron *very hot* and butter it before putting on the birds. If the fire is not very clear, and a flat broiler or gridiron is used, put a cover over the meat to prevent blackening or burning. It is well to always do this with birds or chickens, which are otherwise apt to be rare at the joints. It is a good plan to put birds in a hot oven about ten minutes before broiling, and lay a spoonful drawn butter on the breast of each. If very dry dip in melted butter, or, better still, oil them all over before cooking. There is nothing more unsightly than a dish of sprawling chickens or birds, and to serve them in good form they should be nicely placed in the broiler, with the bones broken as above.

To Roast Game.—Rub inside with salt and pepper and place a lump of butter in each bird. Truss the same as poultry, skewer and place on spit before an open fire, or, as is more usually done, roast in oven. Some still prefer the old way of leaving the head on and tucking under the wing, but this is not much practiced now. Cut off the head, push the skin down and cut off the neck, then draw the skin smoothly over and fasten to the back. The flavor is best preserved without stuffing, but a plain bread-dressing with a piece of salt pork or ham skewered on the breast is very nice. A delicate way of dressing small birds is to place an oyster dipped in the well-beaten yolk of an egg or in melted butter, and then rolled in bread crumbs, inside each bird. Allow thirty minutes to roast, or longer if stuffed. Wild ducks, pheasants, prairie chickens and grouse are always best roasted. Do not sprinkle the outside of game or any meat with salt or pepper before putting in oven, as salt draws out the juices, the flavor of pepper is entirely changed by the parching on the surface, and it also emits an unpleasant odor. This applies also to broiling and frying. Always pepper the bird after it is cooked, using white pepper. Baste often, every five or ten minutes,

with melted butter, hot water and butter or the drippings in the pan, and to give a handsome frothy appearance, when nearly done baste with butter, dredge over with flour and brown, baste with butter again, close the oven a few moments and the bird will come out beautifully finished. Use an empty spice-box with perforated top for dredging and a brush or spoon for basting; the brush is especially nice for putting over the melted butter in frothing. To keep hot while making the gravy, place in a pan on a trivet in the oven, or in a colander lined with soft paper, and if in danger of becoming too brown, cover with another pan, or a paper cap kept for the purpose. Larding game is a very nice way of preparing it for roasting, and will be found fully described in Meats.

To Steam Game, prepare as for roasting, place in steamer and steam until tender. The length of time will of course depend upon size and kind of game. When tender put in oven to brown, baste, and finish as in roasting. As the meat of most game is rather dry, this is an excellent mode of cooking, the steaming making it more moist.

To Fry Game, prepare small birds as for roasting, and cut up the larger ones. Small birds may be double-breaded (see Croquettes) and dropped whole into hot fat, others cut up and fried in joints. Pigeons and the birds of coarser flesh will need to be parboiled if fried thus. Half drippings and half lard make a good frying mixture. Some prefer to roll game in corn meal and fry in butter, or half butter and half drippings, in frying pan, and it is excellent either way but presents a finer appearance when fried by immersion.

Pigeons should be cooked a long time, as they are usually quite lean and tough, and they are better to lie in salt water half an hour, or to be parboiled in it for a few minutes. Wild duck should be cooked rare, with or without stuffing. If the "wild flavor" of the larger birds, such as pheasants, prairie chickens, etc., is disliked, they may be soaked overnight in salt water, or two or three hours in soda and water, or parboiled with an onion or two in the water, and then cooked as desired. The coarser kinds of game, such as geese, ducks, etc., may lie in salt water for several hours, or be parboiled in it with an onion inside each to absorb the rank flavor, and afterwards thoroughly rinsed in clear water, stuffed and roasted; or pare a fresh lemon without breaking the thin, white, inside skin, put inside the game for a day or two, renewing the lemon every

twelve hours. This will absorb unpleasant flavors from almost all meat and game. Some lay slices of onion over game while cooking, and remove before serving, and others baste two or three times at first with hot water, to which an onion and a little salt have been added. Use plenty of butter in cooking. In preparing fat wild ducks for invalids, it is a good plan to remove the skin, and keep a day or two before cooking. Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, parboil. They are delicious broiled, and are excellent cooked in any way with thin slices of bacon. Venison, as in the days of good old Isaac, is still justly considered a "savoury dish." The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast, and fry or broil steaks with slices of salt pork, and it may be cooked in almost the same manner as beef, but requires longer cooking, must be sent to table very hot, and is generally preferred very rare. Venison is not so delicate when fresh as after it has been kept from three to eight days. When not consumed at once keep in a dark cool cellar with a cloth round it. The hams are excellent pickled, smoked and dried, but they will not keep so long as other smoked meats. French cooks improve the flavor of venison by putting the meat in a jar for several days with one pint vinegar to every six pounds meat, two bay leaves, two cloves, some garlic and onion sliced, thyme, parsley and whole pepper-corns. Let this mixture boil once, then pour it over the meat, and turn occasionally while it stands in the jar. Cutlets prepared this way are much better. The seasonings are spread over them, they are then wrapped in buttered paper and broiled over a quick fire.

Bear meat, especially the flesh of young bear, nearly resembles a good quality of beef, and may be fried, broiled, roasted, or cooked like beef in any way preferred. Many lard it for roasting, and the time required is about twenty minutes to the pound. The meat of young buffalo is also much like that of fat beef and may be cooked as fresh beef.

Any kind of game may be hashed and the flavor may be varied by adding flavored vinegars, curry powder, etc.; but we do not recommend these ingredients, as a dish of game should really taste of *game*; and if too many sauces, essences, etc., are added to the gravy, they quite overpower and destroy the flavor. In warming over cold game, do not cook too long—merely heat through or bring

to the boil, but do not boil. In serving game the beauty of the dish is greatly enhanced by a garnish of green leaves, or other things mentioned with the recipes, but this is not a necessity. Epicures generally do not consider game ripe for cooking until more or less tainted, and prefer it cooked very rare, barely more than warmed through. Small birds are also often roasted or made into pies without drawing, or removing the trail as it is called, and are esteemed very dainty by the epicures, among whom, however, are numbered very few of our excellent American housekeepers.

Broiled Wild Duck.—Carefully pluck a pair of ducks, singe, wipe them with a wet towel, split down the back, and remove the entrails without breaking; put the birds between the bars of a buttered gridiron, place the inside to the fire, and broil them until brown; then brown the outside, season with salt and cayenne, put a very little butter over the birds, and serve with orange salad or jelly. For *Baked Wild Duck* prepare in same manner and bake in hot oven till tender, placed in a dripping pan with a little butter. When half done season with salt and just before removing from oven pepper and serve with the gravy from pan and a dish of currant jelly

Hashed Wild Duck.—Cut remains cold roast duck into neat joints, put them into a stewpan with one pint good brown gravy, two tablespoons bread-crumbs, salt, cayenne, and mixed spices to taste and a tablespoon lemon or Seville orange juice; let them heat gradually, stirring occasionally; when on the point of boiling, serve, and garnish the dish with croutons of toasted bread.

Roast Wild Duck.—The peculiar flavor of wild ducks is not liked by many and may be removed by parboiling with a carrot or an onion before roasting, having first singed them, wiped well the inside with wet towel and cut off head. When tender stuff with a bread-dressing seasoned with salt, pepper, onion and sage; roast before a brisk fire or in oven, basting often, until brown and tender. When the ducks are taken up, skim and thicken the gravy with browned flour and send to table in a tureen. Serve currant or grape jelly with the ducks. Instead of the stuffing, a simple dressing of parboiled onions mixed with chopped sage, salt, pepper and a good slice of butter may be employed, or stuff with chopped celery or mashed potatoes and when brown season with salt and pepper. It will take about three-quarters of an hour to roast ducks well; twenty minutes will do them rare. When preferred rare it is best not to stuff them. Cut an onion in two and put in the body, then truss or bind, dredge with salt, pepper and cloves and roast in quick oven thirty minutes or before a hot fire forty, basting

often. Serve with currant jelly or equal parts currant jelly and dry mustard mixed, or with garnish of fried hominy and currant jelly, or apple sauce and green peas. *Teal* can be cooked like Wild Duck. Many cooks stuff them with a bread and onion dressing, but this spoils their flavor; it is better to serve an onion and bread sauce with them, if liked. The birds should be quickly roasted or baked in a hot oven from twenty to thirty minutes, as they are liked medium or well done. Season with pepper and salt and serve a sliced lemon or fresh green salad with them.

Stewed Wild Duck.—Cut up and parboil fifteen minutes with a carrot or onion; cut into joints, put in a stewpan and cover with a gravy made of the giblets, neck, etc.; season with salt and pepper, a bunch sweet herbs and chopped onions, and stew gently till done. Take up the meat, thicken the gravy with browned flour, boil up once, pour over the duck and serve immediately. Or for a *Stew with Green Peas*, parboil, or half roast, then put into a stewpan with a pint water, or beef gravy, a few chopped mint and sage leaves, pepper, salt and half an onion chopped very fine. Cook fifteen minutes and skim out the herbs; then add a quart green peas and cook half hour longer. Stir in a tablespoon each butter and flour, boil up once, and serve with the duck in center of dish and peas around. Some prefer to cook the peas separately and serve rounded up in center with the joints around. Some stuff and roast the ducks twenty minutes then take out and stew as above. *Duck Stewed with Rice* is liked by many. To prepare, quickly brown the duck in a hot oven; meantime peel an onion, chop it fine, and put into a saucepan with heaping tablespoon butter; when the duck is brown, cut in joints, put with the butter an onion, and fry all together till the onion is brown; then stir in a tablespoon flour and brown it, add a pint of boiling water, a high seasoning of salt and pepper, and half a cup of rice which has been picked over and washed. Cover and cook all gently half an hour, being careful not to burn. If rice absorbs all the water, add more as required, but do not make very moist. When both rice and duck are tender, serve them together. The remains of a cold roast duck may be made into a stew with a pint gravy and a little sage; cover closely, and simmer half an hour; add a pint boiled green peas, stew a few minutes, remove to a dish, and pour over it the gravy and peas.

Roast Wild Goose.—Dry pick, as feathers are especially choice, and if possible pick clean, as meat is nicer if not scalded, but if all cannot be removed, plunge in boiling water, wrap quickly in a woolen cloth and let stand fifteen minutes, when finish picking and scrape with a knife to better clean the skin, singe with alcohol, draw, wash or wipe clean and parboil with an onion inside (a large onion to an eight-pound goose) in slightly salted boiling water till commencing to be tender, half an hour for a young goose, longer if an old one. Take out, rub inside with salt and pepper and stuff with a *Bread-*

Dressing as given in first recipe for Roast Turkey, or as follows: Quart finely minced bread-crumbs, tablespoon minced onion, level teaspoon each salt, pepper, sage and chopped parsley if liked, one egg, half cup warm water, half cup butter or fat from fried sausage; mix ingredients all together in a pan, not making the dressing too moist, as it will absorb gravy while baking. The egg should be first mixed with the water. Or stuff with a *Potato-Dressing* made as follows: Mash six boiled potatoes through a colander, and add two teaspoons each butter and onion juice, and one each salt, white pepper and sage; or first chop an onion and fry a light yellow in the butter, and add the potato and a well-beaten egg. Or for an *Onion-Dressing*, peel four large onions, put into boiling water, let simmer five or ten minutes and just before they are taken out put in ten sage leaves for a minute or two to take off their rawness, skim out and chop *very fine*, add quarter pound bread-crumbs, seasoning, and two tablespoons butter, and work the whole together with yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and many do not parboil the onions, but merely use them raw. The stuffing then is not nearly so mild. This is nice for either goose, ducks or pork. If for goose add the liver, first simmered a few moments and then very finely minced. Or, boil in water to cover four apples, peeled and cored, four onions, sage and thyme leaves. When done, pulp through a sieve, removing leaves; then add enough pulp of mealy potatoes to cause stuffing to be so dry as not to stick to hand. Season with pepper and salt. For a *Fruit-Dressing*, stew one pound prunes as in recipe for stewed prunes, using as little water as possible, and add to them same quantity of tart apple sauce and a few raisins if liked, and let stew together till quite dry, adding sugar to taste (some prefer twice as much apple sauce as prunes); stuff as above or, when bread-dressing is used, it is very nice to garnish with spoonfuls of this around the goose; or omit prunes and use teacup raisins, using raisins also in the gravy; or take three quarters pound pulp of tart apples, which have been previously baked or steamed, add two ounces bread-crumbs, some powdered sage, a finely chopped onion, and season with a little cayenne pepper. After goose is stuffed, sew up and tie in shape as described in recipe for roast turkey. Place in oven on dripping pan, on a trivet or pieces of hard wood, with a little of the water in which goose was parboiled; put bits of butter or slices of fat salt pork over the goose, and to make extra nice, unless very fat, add a little butter to the drippings each time of basting, which will want to be every ten minutes, adding more of the parboiled water as needed. Where the onion flavor is an objection, simply put hot water in the roasting pan. When almost done baste with melted butter, dredge with flour, let brown, then a little more butter till nicely frothed and browned. Some claim that a specially nice way to roast is to begin by basting with a teacup cider; then, when it begins to warm, dredge with flour;

afterwards baste with its own fat and gravy, mixing with the cider. In either way, when browned, place in pan in oven, as directed, till gravy is made, using the giblets in the same manner, if good, as for Roast Turkey, adding also the parboiled water from the goose. Those liking onion flavor can slice onion when used in parboiling, putting some slices inside goose and some in kettle, and leave all in the water for the gravy. Place goose on hot platter, made hot by pouring hot water upon it, being careful to pour in center first; garnish with a border of baked, cored, tart apples, being careful not to have them bursted. Always serve apple sauce with goose. *Wild Duck* can be prepared in same way. Goose, duck and all game, being rather dry, are especially nice larded, but placing pieces of salt pork on them while cooking answers the same purpose, but does not present the handsome appearance when served as does a *Larded Goose*.

Grouse Pie.—Line the bottom of a pie-dish with a pound rump-steak cut into neat pieces, and, should the grouse be large, cut them into joints; but if small, they may be laid in the pie whole; season highly with salt, cayenne, and black pepper; pour in a half pint broth, and cover with a puff paste; brush the crust over with the yolk of an egg, and bake about an hour. If the grouse is cut into joints, the backbones and trimmings will make the gravy, by stewing them with an onion, a bunch of herbs, and a blade of mace; this should be poured in after the pie is baked

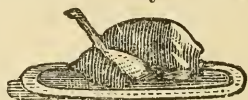
Grouse Salad.—Boil eight eggs hard, throw them into cold water and shell, cut a thin slice off the bottom so they will stand in dish, cut each one into four pieces, lengthwise, and make a very thin flat border of butter, about one inch from the edge of the dish the salad is to be served on; place the pieces of egg upright, close to each other, the yolk outside, or the yolk and white alternately; lay in the center a fresh green salad of whatever is in season, and, having previously roasted the grouse rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows: Put one tablespoon chopped shallot or onion into a bowl with two tablespoons sugar, the yolk of an egg, a teaspoon minced parsley, teaspoon and half salt, and stir in gradually four tablespoons Chili vinegar and twelve of oil; when all ingredients are well mixed put the sauce on ice or in a cool place. When ready to serve, whip four tablespoons cream rather thick, which lightly mix with it; then lay inferior parts of grouse on the salad, put sauce over so as to cover each piece, then add more salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beet-root on the point. Anchovy and gherkin, cut into small diamonds may be placed between; or cut gherkins in slices, and use as a border. The remains of *Cold Pheasant* or *Partridge* may be used in same manner, and will make a very delicate dish.

Roast Hare.—Have the hare skinned and well cleaned, stuff as fowl, with a force-meat of bread-crumbs, chopped fat pork, a little sweet majoram, onion, pepper and salt, just moistened with hot water. Sew up with fine cotton, tie legs closely to the body in a kneeling position, lay in dripping-pan, back uppermost, pour two cups boiling water over it, cover with another pan and bake, closely covered—except when basting with butter and water—for three quarters of an hour. Uncover, baste freely with the gravy until nicely browned; dredge with flour and baste with butter until a fine froth appears on the surface. Take up hare, put in another pan on a trivet or rack and place in oven while gravy is being made. Skim that left in the pan, add water if necessary, season, thicken with browned flour, stir in tablespoon currant jelly and some chopped parsley, boil up, pour a few spoonfuls of it over the hare, and serve the rest in a gravy-boat. Clip the threads and send the hare in with currant jelly around it, as this is an indispensable accompaniment. Some baste well with milk for a short time, and afterwards with butter, basting often so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish, remove the twine, and send to table with a little gravy in dish, and a gravy-boat of same. For economy, good beef dripping may be substituted for milk and butter in basting, which must be continued almost without intermission. If liver is good, it may be parboiled, minced, and mixed with the stuffing; but it should not be used unless quite fresh. The Jack Rabbit of our western prairies is said to be closely akin to the much prized English hare and equally as fine eating. Some broil slightly over the coals, to give firmness to the flesh, then cover with slices of fat pork from the neck to the legs, roast it for an hour, and serve with sharp sauce to which has been added the chopped liver.

Hashed Partridge.—Take three partridges and after they are plucked and drawn, roast rather underdone, covering with paper, as they should not be browned; cut into joints, take off the skin from the wings, legs and breasts; put these into a stewpan, cover and set by until gravy is ready. Cut a slice of ham into small pieces, and put into a stewpan with a sliced carrot, three or four mushrooms, three sliced shallots, a bunch of savory herbs, two cloves, and six whole peppers, and fry lightly in a little butter, pour in three-fourths pint stock, add the bones and trimmings from the partridges, and simmer fifteen minutes. Strain the gravy, let cool, and skim off every particle of fat; put it to the legs, wings, and breasts; let all gradually warm through on back of stove, and when on the point of boiling, serve, garnishing the dish with croustons. The remains of roast partridge do very well dressed in this way, although not so good as when the birds are only half roasted.

Partridge Pie.—Line a deep pie dish with veal cutlets and over them place a slice of ham and seasoning of pepper and salt. Pluck, draw and wipe the partridges, cut off legs at first joint and season inside with salt, pepper, minced parsley and a small piece butter, place in dish and pour in half pint any stock, or water and table-spoon butter will do; line edge with puff-paste and cover with same, bake three-quarters of an hour, brush over with the Roll Glaze or simply a yolk of egg and bake fifteen minutes longer. If partridges are large, split in two.

Roast Pheasant.—The bird should be carefully plucked, drawn and singed, then stuff with a dressing made as follows: Take two snipes and draw them, putting the bodies on one plate, and the livers, etc., on another. Take off the flesh and mince it finely with a little beef, lard, a few truffles, pepper and salt to taste, and stuff the pheasant carefully with this. Cut a slice of bread larger than the bird, and cover it with the liver, etc., a few truffles, with an anchovy and a little fresh butter added, if liked. Put the bread thus prepared into the dripping-pan and when the bird is roasted place it on the preparation, and surround with Florida oranges. *Roast Prairie Chickens* and *Partridges* are equally delicious.



Roast Pheasant.

Pheasant Cutlets.—Procure three young pheasants that have been hung for a few days; pluck, draw and wipe them inside; cut into joints; remove the bones from the best of these; put the back-bones, trimmings, etc., into a stewpan, with a little stock, herbs, vegetables and seasoning to make the gravy. Flatten and trim the cutlets to a good shape, egg and breadcrumb them, broil over a clear fire, pile high in a dish, and pour under them the gravy made from the bones, which should be strained, flavored and thickened. One of the small bones should be stuck on the point of each cutlet.

Pigeon Pie.—Make either a fine puff paste or a rich baking powder crust, as liked; lay a border of it around a large dish, and cover the bottom with a veal cutlet, or a very tender steak free from fat and bone; season with salt, cayenne pepper and mace. Prepare as many pigeons as can be put in one layer in the dish; put in each pigeon a small lump of butter, and season with pepper and salt; lay them in the dish breast downwards, and cut in slices a half dozen hard boiled eggs, and put with them; put in more butter, some veal broth and cover the whole with crust; bake slowly an hour and a half. The pigeons may first be fried a light brown in butter. Or split the birds and cut in quarters and put in first a layer of steak, then one of pigeons and then one of sausage meat highly seasoned with salt, pepper, and powdered allspice, then another layer of each until all are used. Pour in just enough hot water to moisten and

cover the pie with crust, wetting the edges to make them adhere; cut little slits in the crust to permit the steam to escape; brush the crust with beaten egg and bake in moderate oven two hours. For another excellent pie take about eight pigeons or other small birds, and make a stuffing of bread and onions. Stuff each bird, then put into a stewpan about a tablespoon lard, and a dessert-spoon flour and brown nicely; cut a small onion very fine and fry it, adding the birds which should fry awhile before putting a pint of water over them, and let them boil until done. Take them out; add about two dozen oysters, with a little of the oyster-water, to gravy, a table-spoon butter, salt, black pepper, allspice, and nutmeg; line a baking-dish with pastry, put the birds in with the gravy, cover with the pastry and bake.

Pot-Roast of Prairie Chickens.—Skin, draw, wash, wipe dry, tie in shape without stuffing, and parboil in water to cover; cook till tender, adding more water if necessary. Take out chicken and pour broth in crock to keep for gravy. Put two tablespoons butter in kettle, let brown, put in chicken and keep turning it till nearly browned, about five or ten minutes, then add pint broth in which it was par-boiled, put on cover and let cook till almost dry, then add more broth, season with salt and pepper and keep cooking and adding broth till chicken is done, and there is a pint of rich brown gravy left in kettle. Take out chicken, put in pan in oven to keep hot, and make a *Sour Cream Gravy* by adding one pint sour cream, and one tablespoon baking molasses. Thicken with a tablespoon flour stirred smooth in a little cream, either sweet or sour, let boil five minutes and then serve chicken on hot platter, garnished, if liked, with parsley, and gravy in gravy boat. *Pheasants, Quail, Duck, Spring Chickens* and any small game are nice cooked as above, and the gravy can be made in same way where game is roasted in oven.

Roast Prairie Chickens.—Skin or pluck them, as preferred, cut off head and feet, and draw without breaking intestines, wash, and for each bird put a tablespoon finely chopped onion in a frying-pan over the fire with two heaping tablespoons finely-chopped salt pork or butter; as soon as the onion is brown add a heaping cup soft bread-crumbs, a level teaspoon each salt and any powdered sweet herb except sage, a saltspoon pepper, and a tablespoon butter; use this as soon as hot for stuffing the birds, and either put them before a good fire to roast, or in a dripping-pan set in a hot oven; cook about half an hour, basting occasionally with drippings from them; when done keep hot while a gravy is made as follows: Place the dripping-pan over fire; for each bird stir in a level tablespoon flour until it is brown, and then gradually stir in a scant pint boiling water; season the gravy palatably with salt and pepper, let boil two or three minutes, and serve with the birds. Garnish with sprigs of parsley alternated with currant jelly. A delicious sauce can be

made by mixing half a glass currant jelly for each bird with the drippings in the pan, and stirring the sauce over the fire until it boils to the proper consistency; another excellent cold sauce is made by mixing a tablespoon dry mustard thoroughly with a glass of currant jelly. Plain boiled potatoes, or potatoes re-warmed, with butter, salt and pepper, may be served with the birds. *Roast Pheasant* and *Partridge* the same way.

Steamed Prairie Chicken.—Wash thoroughly but quickly, using some soda in the water, rinse and dry, fill with dressing, sew up with cotton thread, and tie down the legs and wings; place in a steamer over hot water till done, remove to a dripping-pan, cover with butter, sprinkle with salt and pepper, dredge with flour, place in the oven and baste with the melted butter until a nice brown; serve with either apple sauce, cranberries, or currant jelly.

Stewed Prairie Chicken.—Cut in joints, put over the fire in a saucepan with butter and brown quickly; for each bird add half a glass currant jelly, level teaspoon salt, quarter saltspoon pepper and sufficient boiling water to cover; cook slowly until tender, adding a little more water if necessary, and serve them on toast, with the gravy from the pan poured over. Or, put about tablespoon butter, and two of salt pork, cut into bits, in a saucepan, and set on quick fire; when butter is melted put the bird in, and brown it all round; then add four small onions, half a carrot in slices, salt and pepper, stir till onions and carrots are partly fried; then add a pint of good broth and a bunch of sweet herbs; boil gently till done. Dish the bird, strain the gravy over it, and serve hot.

Salmi of Prairie Chickens.—This is an excellent way of serving the remains of roasted game; but when a choice dish is desired, the birds must be scarcely more than half roasted. In either case cut up neatly, and strip every particle of fat and skin from the legs, wings, and breast; bruise the bodies well, and put them with the skin and other trimmings into a stewpan; add two or three sliced shallots or onions, small blade of mace, and a few pepper-corns; pour in a pint or more of good veal gravy or strong broth, and boil briskly until reduced nearly half; strain the gravy, pressing the bones well to obtain all the flavor, skim off the fat, add a little cayenne and lemon juice and heat the birds very gradually in it without allowing it to boil; place bits of fried bread round a dish, arrange the birds in the center, give the sauce a boil, and pour it over them. *Partridges* and other wild-fowl can be prepared in same way.

Fried Quail.—Split open on the back and boil until tender; have an equal quantity butter and lard hot in frying-pan, put in the birds and fry a nice light brown. Lay the quail on slices of

toasted bread and pour over them a nice gravy made in pan. *Pheasants* may be cooked in same way, served on platter without toast.

Roast Quail.—Pluck and dress like chickens, wipe clean, and rub both inside and out with salt and pepper; stuff with any good dressing, and sew up with fine thread; spread with butter and place in an oven with a good steady heat, turning and basting often with hot water seasoned with butter, salt and pepper; bake three-quarters of an hour. When about half done add a little hot water to the pan, and it is well to place a dripping-pan over them to prevent browning too much. Add to the gravy, flour and butter rubbed together, and water if needed. Or, when cleaned, cover the birds with thin slices of ham or bacon and then wrap in grape leaves or tie in buttered paper, place in pan with piece of butter size of hazelnut and baste well, adding very little water. While the quail are baking cut as many square pieces of bread as there are birds, fry in hot lard, put on dish, and when done, lay the birds on them, removing the twine which holds the legs, and the paper. Some prefer to remove the papers to brown the birds before taking up. Turn the gravy, thickened with the quail livers pounded to a paste, over the birds; decorate the dish with water-cress sprinkled with vinegar or lemon juice. Or send to table with a plate of fried bread-crumbs and bread sauce in a tureen. In serving put a quail on each plate, pour over a tablespoon of the sauce, and on this place a tablespoon crumbs, or the sauce-boat and plate of crumbs may be passed separately. To make the sauce, roll a pint dry bread-crumbs, and pass half of them through a sieve. Put a small onion into a pint milk, and when it boils remove the onion, and thicken the milk with the half pint sifted crumbs; take it from the fire, and stir in a heaping teaspoon butter, a grating of nutmeg, pepper and salt. To prepare the crumbs, put a little butter into a saucepan, and when hot throw in the half pint of coarser crumbs which remained in the sieve; stir over the fire until they assume a light brown color, taking care that they do not burn, and add a small pinch cayenne pepper.

Steamed Quail.—Clean the birds carefully, using a little soda in the water in which they are washed; rinse, wipe dry, and fill with dressing, sewing up nicely, and binding down the legs and wings with cords. Put in a steamer over hot water, and let cook until just done. Then place in a pan with a little butter; set them in the oven and baste frequently with melted butter until a nice brown. They ought to brown nicely in about fifteen minutes. Serve on a platter, with sprigs of parsley alternating with currant jelly.

Quail Fricassee.—Prepare six quail as for roasting. Grate the crumb of a small stale loaf of bread, scrape one pound fat bacon, chop thyme, parsley, an onion and a lemon peel fine, and season

with salt and pepper; mix with two eggs; put this forcemeat into the quail, lard the breasts and fry brown; place them in a stewpan with some beef stock and stew three-quarters of an hour; thicken with a piece of butter rolled in flour. Serve with forcemeat balls around the dish and strain the gravy over the birds. *Pigeon Fricassee* is prepared as above.

Quail on Toast.—Dry pick, singe with paper, cut off heads, and disjoint legs at first joint, draw, split down the back, and break down breast and backbone so they will lie flat; soak in salt and water for five or ten minutes, drain and dry with a cloth, lard with bacon or butter, and rub salt over them, place on broiler and turn often, dipping two or three times into melted butter; broil about twenty minutes. Have ready as many slices of buttered toast as there are birds, and serve a bird, breast upward, on each slice with currant jelly. Or cook them, prepared as above, in a covered pan in hot oven, with a very little water, until nearly done. Then fry in frying-pan with hot butter to a nice brown, and serve on buttered toast. Make a sauce of the gravy in the pan, thicken lightly with browned flour and pour over each quail. *Plover* and *Reed Birds* may be broiled in same way. *Pigeons* should be first parboiled and then broiled and served same.

Rabbits.—They are in best condition in mid-winter and are prepared for cooking by first skinning by cutting a slit under the throat; as it is pulled off, turn skin over so as to enclose the hair that it may not touch the skin; or cut skin of legs around first joints; loosen skin off hind legs all around, and cut it inside thighs as far as tail, then turn the skin back until the hind legs are free from it, and hang up the carcass by them; next pull the skin downward toward the head, slipping out the fore legs when they are reached; after cutting off feet, either cut off head at neck or skin it, and cut off end of nose with skin, then draw, wash, wipe dry, and in cooking them always lard, or lay or tie pieces of salt pork or bacon over them as they are dry meated.

Fried Rabbit.—When nicely dressed lay it in a pan with cold water, add a half cup salt and soak overnight. In the morning drain off water, cut up and roll each piece in corn meal and let stand till time to cook for dinner; then rinse, cut up and parboil in slightly salted water, with one large or two small onions sliced in it, until tender; take out, roll in corn meal or equal parts meal and flour and fry in a little butter a nice brown. Make a gravy in the pan or serve with onion sauce. Or, dip the pieces in beaten egg, then roll in cracker crumbs and immerse in lard, or half lard and beef drippings, like fritters, and fry brown. Garnish with slices of lemon adulterated with green leaves.

Stewed Squirrel.—Skin as rabbits (see recipe) and cut in pieces, discarding the head; lay them in cold water; put a large tablespoon lard in a stewpan, with an onion sliced, and a tablespoon of flour; let fry until the flour is brown, then put in a pint of water, the squirrel seasoned with salt and pepper, and cook until tender. When half done put in strips of nice puff-paste and a little butter.

Roast Teal.—Choose fat plump birds, after frost has set in, as they are generally better flavored. Skin, draw, and roast in oven in a little butter and water if needed; serve with a brown or orange gravy and garnish with sliced lemon. For *Fried Teal*, cut up, fry in pan, turning to brown both sides, and when done add seasoning and half cup currant jelly; stir teal about in the jelly and serve on slices of toast with the jelly turned over each piece. *Fried Grouse* is prepared in same way, some using only the breast, and also *Fried Duck*. The jelly dressing may be omitted, serving with a teaspoon cold currant jelly on each piece instead.

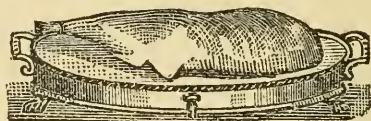
Broiled Venison.—Cut thin slices from the loin or take cutlets from the leg, season with pepper and salt and broil quickly on buttered gridiron. Or bread the slices before broiling. Dish on hot platter with bit of butter under each and serve with a gravy sauce or a dish of currant jelly, and for vegetables baked potatoes and stewed mushrooms.

Fried Venison.—Take slices from the loin or leg and place in frying-pan which has been covered to depth of half an inch with butter made smoking hot, and quickly brown both sides; season with pepper and salt and put in two tablespoons jelly to each pound venison. Slices an inch thick should cook twenty minutes. Serve hot with the gravy from pan poured over. It may be fried without the jelly but is much nicer with it.

Hashed Venison.—Remove the bones from cold venison, and mince it fine; to a pint of minced venison allow two tablespoons each butter and currant jelly; heat them together, season the mince palatably with salt and pepper, and serve on toast, very hot. *Venison Patties* is another good way to utilize bits of cold venison; chop fine, heat with some of the gravy left from dinner, season with pepper and salt, then fill patty-pans with the venison and cover the top with crust; bake until crust is done brown.

Roast Venison.—The haunch, the leg, and the saddle of venison, which is the double loin, are best for roasting or baking. Wash in warm water and dry well with a cloth, season with salt and pepper, and wrap in several sheets of buttered paper or cover with a coarse paste made of flour and water, though some use both paper and paste, first putting a sheet of white paper, buttered, over the fat, then spread with the paste, half an inch thick, and over this put a

sheet or two of strong paper, binding the whole firmly on with twine; then either put it before the fire on a spit, or place in a dripping-pan in very hot oven, and cook about fifteen minutes to the pound if desired medium rare. If roasted before the fire baste constantly while cooking and in either case, about twenty minutes before it is done, quicken the fire, carefully remove the paste and paper, dredge with flour, and baste well with butter until it is nicely frothed, and of a pale brown color; if a haunch, garnish the knuckle-bone with a frill of white paper, and serve with an unflavored gravy made from the drippings in a tureen, and currant jelly or jelly and mustard sauce. As the principal object in roasting venison is to preserve the fat, the latter is the best mode of doing so where expense is not objected to; but in ordinary cases the paste may be dispensed with, and a double paper placed over the roast instead; it will not require so long cooking without the paste. Send to table on a hot platter, or better on a hot-water platter as illustrated, and serve on hot plates, as the venison fat so soon cools; to be thoroughly enjoyed by epicures, it should be eaten on hot-water plates. The neck and shoulder may be roasted in same manner. Some wash the venison in lukewarm vinegar and water before roasting and rub well with butter or lard to soften the skin, while others remove the dry outer skin entirely, and think it better to tie on the papers and paste the day before wanted. One mode of baking is to place in dripping-pan with boiling water in the bottom, invert another pan over it to keep in the steam, and let it cook thus an hour with a good fire; wet all over with hot water, cover again and bake an hour and a half longer; then remove papers and paste, let brown half an hour, basting every five minutes, and finish by dredging with flour and butter to make a froth. Or bake in dripping-pan simply covered with the paste, basting every ten minutes with the hot water or gravy from the pan, removing the paste half an hour before done, and finish as above. Take up on a hot dish, skim the gravy left in dripping-pan, strain, thicken with browned flour, add two teaspoons currant jelly, and pepper and salt. Boil for an instant, and serve in a gravy-boat. Or a very nice gravy is made thus: Pour all the fat from the baking pan, and put in the pan a cup boiling water. Stir from the sides and bottom and set back where it will keep hot. Put a tablespoon butter in a small frying-pan with small slice of onion, six pepper-corns and four whole cloves. Cook until the onion is browned, add a heaping teaspoon flour, and stir until browned; then gradually add the gravy in the pan; boil one minute, strain, and add a half teaspoon lemon juice and three tablespoons currant jelly. Serve both venison and gravy very hot. Or after the venison has been put in the oven chop all bits trimmed



Roast Haunch of Venison.

from it, and put over the fire, with any venison bones available, or use beef bones; cover with boiling water, season with salt and pepper, add ten whole cloves or about quarter of small nutmeg, and simmer gently while venison is baking, taking care to keep covered with water. Take up the venison when done and keep very hot while gravy is made as follows: Set the baking-pan over the fire, stir into it a heaping tablespoon flour, and brown it, then strain into it the liquid from the bones, season with salt and pepper and stir in as much currant jelly as liked. To bake *Venison a la Mode*, remove the bone from the haunch, and make a large quantity of force-meat, or stuffing of bread-crumbs, bits of pork, an onion minced fine, a small piece of celery, or celery-seed, parsley, and sage. Season with pepper and salt to taste. Press in the stuffing till the hole left by the bone is filled. Sew up the opening and spread over it nice lard, sprinkling with pepper and salt, or bake as above, in a paste, until well done. Serve with either of the gravies given.

Stewed Venison.—Use the neck, shoulder, inferior part of the leg or the backbone with the layer of tender meat each side, for a stew; cut into several pieces, and put in a stewpan with just water or stock enough to cover it; add a grated onion, bunch sweet herbs, salt, black pepper, and part of a red pepperpod. Simmer gently from three and a half to four hours, and if it becomes rather dry add boiling water; it is well to stew with it some slices of fat mutton; just before serving thicken with flour rubbed smooth in an ounce of butter. Serve with red currant jelly. Another way is to put the venison in a saucepan in which butter enough to cover half an inch in depth has been made smoking hot. Brown the venison in this and stir with it a tablespoon flour for each pound; when the flour is browned cover the venison with boiling water, add a teaspoon currant jelly for each pound, and season with salt and pepper. Cover closely and stew half an hour, or until tender; serve hot with the sauce in which it has been cooked poured over. For a stew from the remains of roast, cut the meat from the bones in neat slices, and if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the bones and trimmings into a stewpan, with about a pint of any good gravy or stock; stew gently for an hour, and strain gravy. Put a little flour and butter into stewpan, keep stirring until brown, then add strained gravy, and let boil, skim and strain again, and when a little cool put in the slices of venison. Place stewpan on back of stove and when on the point of simmering, serve; do not allow it to boil, or the meat will be hard.

Roast Woodcock.—Put an onion, salt and hot water into a dripping-pan with the birds and baste for ten or fifteen minutes; then change pan; put in a slice of salt pork and baste with butter and pork drippings very often; just before serving dredge lightly with

flour and baste. Or fill with a rich forcemeat of bread-crumbs, pepper, salt, and melted butter; sew up and roast, basting with butter and water, from twenty minutes to half an hour. When half done, put circular slices of buttered toast underneath to catch the juice, and serve on these when taken up. *Roast Snipe* and other small birds same way.

Fried Woodcock.—Dress, wipe clean, tie the legs close to the body; skin the head and neck, turn the beak under the wing and tie it; fasten a very thin piece of bacon around the breast of each bird, immerse in hot fat for two or three minutes. Season and serve on buttered toast. Some pierce the legs with the beak of the bird, as illustrated. *Fried Snipe* is prepared in same way.



Fried Woodcock.

Broiled Woodcock is a favorite dish. Split them down the back and broil, basting with butter, and serve on toast.

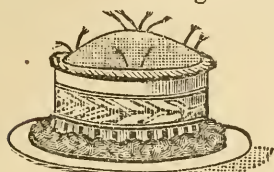
Bird Compote.—Prepare as for roasting and fill each with a dressing made as follows: Allow for each bird the size of a pigeon one half a hard-boiled egg, chopped fine, a tablespoon bread-crumbs, a teaspoon chopped pork; first season the birds with pepper and salt, then stuff and lay them in a kettle that has a tight cover. Place over the birds a few slices of pork, add a pint water for twelve birds, dredge over them a little flour, cover, and put them in a hot oven. Let them cook until tender, then add a little cream and butter. If sauce is too thin thicken with a little flour.

Potted Game.—Take any cooked remains of game and pound well together, having previously removed all skin and bone. Add to the paste pounded mace, allspice, cayenne pepper, salt, pepper, and a lump of sugar pounded. Any remains of ham may be included with the game, and should be of an equal quantity. Rub the paste through a wire sieve. If no ham be added use an equal amount of butter. Mix it well again, and place in pots or jars, covered with either clarified butter or lard. When required for use, dish on an aspic jelly and garnish with fresh parsley.

Puree of Game and Rice.—This is a pretty and economical dish, coming under the head of secondary cookery. Take the remains of any kind of roast or boiled game, put into a stewpan with a gill of water, stick of celery, a little thyme, and an onion. Boil gently together. Mince meat, and pound in a mortar with a small bit of butter, and a spoonful gravy from the bones. This should be in a state of pulp; rub through a hair sieve, put in stewpan with stock from bones, which ought to be reduced to less than a gill in quantity. Add a gill cream, a sprinkling merely of pepper, salt and nutmeg, and a teaspoon flour; dish with rice, potato croquettes, poached eggs, and thin narrow strips of bacon as a garnish, or with merely the rice and tufts of parsley.

Spanish Stew.—Use hare, rabbit, chicken, partridge or pheasants. Cut up, wipe with damp towel and save the giblets. Put the pieces in a pan with sweet oil and onion sliced and fried brown. Add some chopped ham and sweet herbs, season with cayenne pepper, and sufficient beef broth to cover well; add the giblets, let simmer, skim off the grease, stir meat from the bottom, and when done add the juice of two oranges. Serve hot in covered dish.

Western Pie.—Pluck and skin blackbirds or small birds of any kind, enough to fill a baking-dish of medium size, cut off heads and feet, except leaving feet on half a dozen for upper row; draw them without breaking entrails, put birds into saucepan, with enough boiling



Western Pie,

ing water to cover, tablespoon each butter and flour rubbed to a smooth paste to each dozen birds, and a palatable seasoning of pepper and salt, and let stew gently until tender. For every dozen small birds boil three eggs hard, remove shells, and cut eggs in halves and while birds are stewing, make a nice crust as directed in Pastry, line a baking dish and partly bake it; when birds are tender put them in it, together with the hard boiled eggs, pour in as much of the gravy used in stewing the birds as the dish will hold, put on a cover of pastry, brush the top with beaten egg, and bake in a moderate oven, until upper crust is done. If any gravy remains after filling pie, keep hot and serve with it. *Blackbirds* skinned, parboiled, and fried or broiled and served on toast are delicious.

Washington Roast.—Have a pair of young wild ducks carefully skinned and cleaned, wipe inside and out with a wet towel and stuff with potatoes, boiled until tender, mashed as if for table, and seasoned with teaspoon grated onion, pepper, salt, teaspoon powdered herbs and two heaping tablespoons butter, or a dressing made with milk or cream may be used, or do not stuff at all. Sew up the ducks, truss them, put in baking pan, set in hot oven and as soon as lightly browned dredge them well with flour and baste with drippings in pan, or with butter. Bake half an hour, basting two or three times. Serve with Giblet Gravy. Or make an *Orange Sauce* by scraping tablespoon each fat bacon and onions and fry them together five minutes, then add juice of an orange and tablespoon currant jelly. Skim off all fat from baking pan, put in above mixture, and a little thickening if necessary, boil up and serve. Epicures prefer this method to that of first parboiling the ducks. For *Stewed Ducks* have them nicely picked; stuff with bread and butter flavored with onions, pepper, and a few celery-seeds; flour them, then brown in lard in frying pan; put in a few slices of ham in iron stew-pot chopped onions, water, pepper, and salt, with a few blades of mace; add ducks and let them stew gently but constantly for two or three hours; flour them each time they are turned in pot; thicken gravy with butter rolled in flour, and serve hot.

GRIDDLE CAKES.

Griddle-cakes should be well beaten when first made, and cakes in which eggs are used are much lighter when the eggs are separated, whipping the yolks to a thick cream, and adding the whites beaten to a stiff froth just before baking. All griddle-cakes are much nicer mixed and kept overnight, to allow the flour to swell, stirring in the whites of eggs and soda or baking powder, when used, just before baking. Cakes are much more easily, quickly and neatly baked if made in a vessel with a spout from which the batter may be poured, and one can be provided for this purpose. Have the griddle clean, and if the cakes stick sprinkle on salt and rub with a coarse cloth before greasing. The neatest way to grease a griddle is with a large piece of ham or pork rind kept for this purpose, and some use a thick slice of turnip. Many prefer griddles made of soap-stone, which need no greasing—grease spoils them—but they need to be very hot. They are more costly and more easily broken than iron, and with care cakes may be baked on an iron griddle without greasing, if it is kept *polished*, and rubbed well with a cloth after every baking. The artificial stone griddle illustrated is a new article, light and durable,



Artificial Stone Griddle.

equally as good as the soap-stone, doing away with all grease and smoke and much cheaper. Whether greased or not, iron griddles, if properly cared for, need washing but seldom. Immediately after use they should be carefully wiped and put away out of the dust, never to be used for any other pur-

pose. Do not turn griddle-cakes the second time while baking, as it makes them heavy; this rule should never be departed from, save in making fruit cakes, when it is necessary to turn them quickly to form a crust to confine the juice of the berries, and again to cook them thoroughly; serve all cakes the same side up as when taken from griddle. The cake lifter illustrated is almost indispensable in turning cakes smoothly and evenly and the cost of it is small. Buckwheat cakes are highly esteemed for winter breakfast, but are very properly never, or rarely, served in summer, as the chief value of buckwheat as a food is its heat producing properties.



Cake Lifter.

In making batter, bread or corn meal cakes, either sour milk or buttermilk may be used with soda; or sweet milk or water with baking powder, as convenient, using same proportion of other ingredients, and remember that one heaping teaspoon baking powder possesses the same rising properties as one level teaspoon soda. A greater proportion of either of the rising powders is necessary with buckwheat, Graham and corn meal than with flour.

Batter Cakes.—Make a batter of one quart each flour and sour milk, and let stand overnight. In the morning add three eggs beaten separately, a tablespoon butter, and two level teaspoons soda. Pulverize the soda very fine before measuring, then thoroughly mix with the flour. Add whites of eggs just before baking on the griddle. For *Corn Cakes* use two-thirds corn meal and one-third flour. Sweet milk or water may be used with two heaping teaspoons baking powder thoroughly mixed with the flour. These may also be made without eggs, and some prefer to sweeten them, using either molasses or sugar to taste. Buttermilk may be used instead of sour milk. For *Raised Batter Cakes* take three eggs, one teaspoon sugar, one coffee-cup each sweet milk and warm water, four tablespoons potato yeast, flour enough to make a stiff batter; beat yolks and sugar well, stir in milk, water and yeast, and lastly flour, stir well, and set in warm place to rise; when light, beat whites to a stiff froth, and stir into batter with a pinch of salt. Very nice for breakfast if set the night before. For *Tomato Cakes*, slice large, solid ripe tomatoes, cover with the batter without yeast and fry on a griddle; season with pepper and salt while frying.

Raised Bread Cakes.—Soak the bread in enough cold milk to make it very soft, almost liquid; then beat it to a smooth batter over the fire and let it get scalding hot; cool a little, and to each quart

soaked bread stir in one tablespoon yeast, two well beaten eggs, level teaspoon salt, and enough flour to form a batter that will hold a drop let fall from the spoon. Cover it with folded towel and let rise overnight, if the cakes are intended for breakfast, or five hours, if to be used at noon or evening.

Buckwheat Cakes.—Sift one quart of buckwheat flour and add a cup scalded corn meal, tablespoon sugar and teaspoon salt. Stir in a half cup yeast and mix to a good batter with lukewarm water. Set to rise in a warm place overnight, and before baking in the morning, thin if necessary with warm water, and if it is even the least bit sour add half teaspoon soda, but take out a cup of the batter, before adding the soda, to serve as a rising for the next baking and put away in a cool place. If this is done every morning, fresh yeast will not be necessary for several days; some who bake cakes every morning use no other yeast all winter and think them better raised thus. Some never stir buckwheat cakes after they have risen, but take them out carefully with a large spoon, placing the spoon when emptied in a saucer, and not back again in the batter. Wheat flour is used by many instead of corn meal, and it is recommended by some that oats be ground with buckwheat, one-third oats to two-thirds buckwheat. Or for *Quick Buckwheats*, take one pint sour milk or buttermilk, tablespoon soda, tablespoon baking molasses, or a little sugar; thicken with buckwheat flour to the consistency of batter-cakes. Water may be used, or sweet milk and baking powder, but the cakes will not be as tender. Bake on a hot griddle.

Cerealine Cake.—Sift three-fourths cup flour, teaspoon baking powder and a pinch of salt together, add three well-beaten eggs, tablespoon sugar and a cup cerealine, and stir in a pint milk. Bake as usual on a griddle, or in a buttered round frying-pan, putting in enough batter each time to make a cake covering half bottom of pan turn to brown both sides, butter each cake, roll up separately, sprinkle with powdered sugar and serve. Or take half pound boiled cerealine, three tablespoons sugar, two and one-half cups flour, one and one-half teaspoons baking powder, three eggs, teaspoon salt and three-fourths pint milk. Bake on griddle.



Cerealine Cakes.

Clam Cakes.—Sift two heaping teaspoons baking powder with a quart flour and make a batter with one pint milk and one pint liquor from canned clams, adding a tablespoon syrup, little salt, four tablespoons melted butter, and well-beaten yolks of ten eggs. Stir in two-pound cans of chopped clams and bake as other griddle cakes.

Corn Cakes.—Pour three cups boiling milk gradually over one cup corn meal, stirring to avoid lumps; sift one teaspoon salt, one of baking powder and two tablespoons sugar with one cup flour and add when scalded milk is cool; then stir in two well-beaten eggs. A tablespoon cream or a little butter may be added, and some scald the milk, pour over meal, stirring in the butter and sugar and let stand overnight, adding other ingredients in the morning. To make *Raised Corn Cakes*, scald a quart corn meal, cool with cold water so as not to scald the yeast, add two tablespoons yeast, one of flour and salt to taste. Let stand overnight, and in the morning add two well-beaten eggs.

Farina Cakes.—Scald four tablespoons farina at night with a pint boiling water. In the morning thin with one quart milk stirred in slowly to avoid lumps, and add two well-beaten eggs, one tablespoon melted butter, salt to taste and enough flour to make a good batter. Add a teaspoon soda and two of cream tartar, or two, heaping, of baking powder.

Flannel Cakes.—Take one cup corn meal, two of flour, three of boiling milk, one-fourth yeast cake dissolved in four tablespoons cold water, or one-fourth cup liquid yeast, one teaspoon salt, one tablespoon sugar, two of butter. Heat the milk to boiling and pour it over the meal and butter. When cool, add the other ingredients and let rise overnight and bake on griddle.

Plain French Cakes.—Make as much batter as will be required, allowing one egg and a quarter saltspoon salt to four heaping tablespoons flour and a half pint milk. Beat yolks of eggs, add other ingredients, beating thoroughly, and stir in well-whipped whites, bake and roll as above.

Gluten Cakes.—One pint sour milk, level teaspoon soda; thicken with gluten or entire wheat flour as for batter cakes; one or two eggs may be added, and sweet milk and baking powder may be used in place of sour milk and soda. These are as nice as buckwheat cakes and more wholesome.

Graham Cakes.—One cup each sour cream and tepid water, two eggs, the best Graham flour (unsifted) to make a thin batter, and scant level teaspoon soda dissolved in the tepid water. The water must not be too hot, or the cakes will be greasy and soggy. Bake slowly on not too hot a griddle. Or take one quart sifted Graham flour, teaspoon baking powder, three eggs, and milk or water enough to make thin batter. Or eggs may be omitted to make a less expensive breakfast dish. Or, if a mixture is preferred, take one pint sifted Graham flour, half pint each corn meal and flour, or half Graham and half corn meal, heaping teaspoon sugar, half teaspoon

salt, one egg, pint buttermilk, teaspoon soda. Another excellent recipe requires two cups Graham flour, one of flour, two and a half of milk, one tablespoon sugar, teaspoon each salt and cream tartar, half teaspoon soda, two eggs. Boil half the milk, pour it on the Graham and stir until smooth; add the cold milk, and set away to cool; mix the other ingredients with the flour and rub through a sieve, and add with the eggs, well beaten, to the Graham and milk. *Rye Cakes* made the same. What is known as "Number One" Graham flour does not need to be sifted.

Green Corn Cakes.—To one quart grated corn (raw) add yolks of three eggs, cup sweet cream (milk may be used, adding tablespoon butter), one cup flour, the well-beaten whites, teaspoon baking powder; bake on griddle and serve hot. Some use a handful fresh bread-crumbs and not so much flour.

Hominy Cakes.—Beat a large tablespoon butter into two cups soft boiled hominy, add a tablespoon white sugar, little salt and three well-beaten eggs, beating all well together; then stir in a quart milk and a cup flour with two heaping teaspoons baking powder. Or take half hominy and half flour, and water may be used instead of milk. *Rice Cakes* made same. Bake very quickly.

Oat Meal Cakes.—One cup each cooked oat meal and flour, one egg, one teaspoon each sugar and baking powder and half teaspoon salt, mixed with enough cold water to make a nice batter. Beat all well together and bake on griddle.

Potato Cakes—Six boiled potatoes cooled and mashed through a colander (cold potatoes may be used), two eggs, three tablespoons flour, sweet milk to make rather stiff batter, salt, and a little pepper if liked. Fry on griddle. Nice with butter, syrup or jam. For *Grated Potato Cakes*, after peeling and washing potatoes, wipe dry, grate quickly and to each cup grated potato allow one egg, and heaping tablespoon flour. Beat potato and egg thoroughly five minutes, add flour and teaspoon salt. Have tablespoon drippings or lard in frying-pan, put in batter to cover bottom half inch thick, and there must be enough fat to show around the edge of cake. When brown turn and brown the other side. Place in oven on plate and bake a second one, adding more fat to pan if necessary, then a third, etc., till all are baked. Place in layers and serve at table cut as jelly cake, only larger slices. Make in the proportion of one grated potato to each person. These are nice for breakfast or tea and with potato slaw, cake or fruit and a cup tea, coffee or chocolate, one has almost a "company tea."

Rye Cakes.—Warm a quart new milk, beat two eggs very light, and add gradually with sufficient rye meal to make a moderate batter, putting in the meal a handful at a time; add a saltspoon salt

and large tablespoon any fresh yeast. Beat very light and put in a warm place to rise. Bake on hot griddle and eat with butter, molasses, or honey. *Corn Cakes* may be made after this recipe, or use rye and corn in equal proportions.

Rice Cakes.—Boil half a cup rice; when cold mix one quart sweet milk, the yolks of four eggs, and flour sufficient to make a stiff batter; beat the whites to a froth, stir in one teaspoon soda, and two of cream tartar; add a little salt, and lastly the whites of eggs; bake on a griddle. A nice way to serve is to spread them while hot with butter, and almost any kind of preserves or jelly; roll them up neatly, cut off the ends, sprinkle them with sugar, and serve immediately. Or boil until soft a half pound rice, drain off water, mash well, stir in butter size of an egg, and when cold add six eggs beaten very light, pint flour, and quart lukewarm milk. Beat all well together, and bake on a hot griddle.



Rice Cakes.

Squash Cakes.—One cup cooked and sifted squash, two eggs, one and a half pints milk, little salt, flour to make good batter, and two heaping teaspoons baking powder. Or take one pint flour, scant pint milk, two eggs, teaspoon each salt and cream tartar, half as much soda, four tablespoons sugar, two cups sifted squash. Mix the flour with the other dry ingredients, and rub through a sieve; add beaten eggs and milk to the squash, and pour on the flour. Beat till smooth and light and bake on griddle. Or take a half pint cold stewed squash, pumpkin or apple, rubbed through a colander; mix with two well-beaten eggs and half pint milk. Sift together half pint each Graham flour and corn meal, half teaspoon salt, heaping teaspoon baking powder. Mix all smoothly and thoroughly into a batter and bake quickly on hot griddle.

ICES AND ICE-CREAM.

Perfectly fresh sweet cream makes the most delicious ice-cream, and what we term double cream, standing twenty-four hours, is best. This sweetened and flavored gives the justly renowned *Philadelphia Ice-cream*, having a cream-white tint and a full rich flavor. It is made either of cooked or uncooked cream; the latter gives a light snowy texture, greatly increased in quantity but not as fine in quality as if the cream is cooked, by placing in a custard kettle, stirring often till water in outer pan boils, then adding sugar, taking off fire, flavoring, letting stand a moment, straining, cooling and freezing as directed hereafter. This gives a cream of greater body and richness and prevents any tendency to curdling if cream should accidentally not be perfectly fresh, caused by very hot sultry weather, or a passing thunder-storm. This is made more delicious, adding lightness to the richness, by reserving a part of cream, whipping it and adding when cream is half frozen, beating it well in with a wooden paddle; and less flavoring is needed, a quarter less at least, if it is added to the whipped cream, as freezing diminishes the strength of flavoring; consequently, when added before freezing, the cream must be over-flavored. Freezing also lessens the strength of the sugar, so if the cream preparation is sweetened to taste, one must also over-sweeten. For whipped cream some let single cream stand twelve hours after skimming, and then skim off the richer portion, thus obtaining the "cream of the cream." It will be so rich that it can *all* be whipped to a stiff froth without any remainder. This is the *true* double-cream.

When eggs are added to the cream before freezing, making a custard, it is known as *Neapolitan Ice-cream*, and as it contains a

large proportion of eggs, yields an ice as solid, rich and smooth as the finest butter, and has a pronounced custard flavor, and lemon-yellow color. It is prepared as follows: Strain and beat yolks of eggs to a smooth cream, add sugar and beat again. Strain and whisk the whites to a froth as stiff as possible, stir briskly into the yolks and sugar, and mix with the cream. Cook in a custard kettle or a pail set within a kettle of boiling water over a brisk fire, stirring constantly, until it slightly coats a knife blade dipped into it, and does not run. Be careful not to let it curdle. - Take off fire, strain through a wire sieve (or a linen crash towel kept for the purpose and marked "Ice Cream,") into a crock or pan, cover with gauze, and let stand till cool, then freeze. It is well to reserve some of the cream and whip and add as above. These two creams are made of the pure cream; when made of part new milk and cream it is called *Lacteanola Ice-cream* and is made either with or without eggs: *With Eggs*, by boiling the new milk, reserving a part of it, in custard kettle and adding beaten yolks of eggs mixed with the reserved milk and stirred slowly into the hot milk; let cook two or three minutes, add sugar and in few moments take from fire and strain while hot, as above; cool, add double cream and flavoring, or add only part of the cream. Set custard in a cool place and when ready to freeze add well-frothed whites, and when half frozen, the reserved cream, whipped. Or *Without Eggs*, by boiling the milk, as above, and adding a rounded tablespoon flour (if cream to be added is very thick, use less), or a little less of corn-starch or arrowroot, to every quart milk, mixed smoothly with a part of the milk; let cook fifteen minutes, then add sugar and cook five minutes, stirring all the time; remove from fire, strain and put in a cool place; when cold and ready to freeze add part of the cream and all the flavoring, and when half frozen, the rest of the cream, whipped; or after straining, let cool and then freeze and when half frozen add all the cream, whipped, and with it the flavoring as directed above. If cream does not whip easily add beaten white of an egg. Sugar is not added to the whipped cream. In any of the methods the mixture should be placed in a bed of ice to cool so that it may be ice-cold when put in freezer, as it will then freeze easier, quicker and smoother and require less ice. It is also well when poured in can to let stand five or ten minutes before freezing as it will then surely be thoroughly chilled, as the salt with the ice makes a more intense

cold. When eggs are used, strain through a sieve—they beat easier and smother for it; if yolks and whites are to be beaten separately, strain each before beating.

Fruit Ice-creams, when of berries, are made in proportion of a quart cream, a quart fruit and a pound sugar, allowing the berries to stand for awhile well sprinkled with part of the sugar, mashing, straining the juice, adding the rest of sugar to it, and stirring till a clear syrup, and then adding to the ice-cold mixture just before commencing to freeze, or beating into it after it is frozen, which is the better way. In the latter case use in preparing the cream or custard, half the sugar to be used in recipe and mix the *rest* with the fruit juice and stir in when frozen. If the *fruit* is preferred in the cream, cut into dice the firm-fleshed fruits such as the pine-apple, apricot, peach and plum, mix lightly with half the sugar and when it is dissolved mix with frozen cream; for strawberries and raspberries, mash or chop gently, add sugar and mix with the frozen cream. In addition to this, add whipped cream and sweetened whole berries just as the cream is ready to serve, in the proportion of a cup berries and a pint of whipped cream to three pints of the frozen mixture. Canned berries may be used in the same way. Or a pint mashed berries or peaches, cut fine, added to a quart ordinary ice-cream, when frozen makes a delicious *Fruit Ice-cream*. In either case, with juice or fruit, let stand in freezer till ready to serve, or put in molds and pack as directed hereafter.

In flavoring with vanilla the vanilla bean may be used by splitting in two, cutting in pieces and cooking in the milk; the flavoring for *Almond Cream* should be prepared by blanching and pounding the kernels to a paste with rose water, using arrowroot for thickening. Always use the *Princesse Almond*. For *Cocoa-nut Ice-cream*, grate cocoa-nut and add to the cream and sugar just before freezing. The milk should never be heated for pine-apple, strawberry, or raspberry cream. It is often desirable to be able to make ice-creams and water-ices of the summer fruits when they are out of season and at same time retain as much as possible of their accustomed flavor and freshness, also to avail one's self of the finest fruits of the various kinds at the lowest rates obtainable in the height of the season, and for this purpose make plentifully of *Fruit Flavors*, as given in Jams and Jellies. For making ice-cream use

either fine granulated sugar or white sifted sugar, except where cream or milk is not cooked, then use best pulverized sugar.

Both the Lacteanola and Philadelphia, being eggless, are considered better adapted to be used with fruit, as the eggs and fruit flavors are not thought to blend well, but this is a matter of taste. The eggless creams are more economical where one has plenty of cream, as each dozen eggs requires half pound sugar to sweeten them and each quart cream or milk half pound, also. Any proportion of eggs may be used to a quart of milk or cream, using sugar in quantity to correspond, viz: for three eggs, eighth pound sugar, making with the half pound sugar for milk, five-eighths pound sugar.

A freezer—White Mountain, Peerless or any of the best patent freezers—a wooden paddle made of hickory, maple, ash or oak, a fine wire sieve or crash strainer, seem almost a necessity in making ices and ice-creams, and there are also many other articles used which are given in Kitchen Utensils; of course one can make them without so complete an outfit but the process is more tedious. Put ice in a coarse coffee-sack, pound with an ax or mallet until some lumps are size of an egg and most of them as small as a hickory-nut; see that the freezer is properly set in tub, the beater in the socket, the cover secure, and a cloth in the hole and tin cup inverted over it, first having put on cross-piece, and turned the crank to see if everything is right; now place around it a layer of ice three or four inches thick, then a thin layer of salt—rock salt pounded fine or the common coarse salt is best, some advise sea salt, but *never* use table salt, as it causes the ice to melt too rapidly—then ice again, then salt, and so on until packed full, with a layer of ice last. The proportion should be about three-fourths ice and one-fourth salt. Pack very solid, pounding with a broom-handle or stick, then remove the cover and pour in the ice-cold preparation, filling only two-thirds full, leaving room for expansion; replace cover and after five or ten minutes pack ice down again and begin to freeze, turning the crank *slowly and steadily* until rather difficult to turn; open can, add whipped cream, beat in well with wooden paddle, cover, and again turn till difficult to turn longer; some claim this last turning of eight or ten minutes should be as rapid as possible. Half an hour will freeze it, although the make of freezer and quality and quantity of cream govern the time, pure cream taking the longest. Unless dan-

ger of water entering can, do not draw off while freezing as the intense cold of the water assists greatly in freezing. When done, brush ice and salt from and remove the cover, take out beater, scrape the cream down from the sides of freezer, beat well several minutes with a wooden paddle, replace the cover, fill the hole with a cork or a clean cloth and over this invert a tin cup, let off all the water, pack again with ice (using salt at bottom and between layers but none at top of tub), heap ice on the cover, spread over it a piece of carpet or a thick woolen blanket kept for this purpose, and set away in a cool place to harden two or three hours, or until needed. Some wet the blanket or carpet well with the icy brine that was drawn off and after an hour or two open the freezer, scrape down and beat cream again, and pack down with fresh ice and salt. In very warm weather it may be necessary to renew the ice and salt a second, or even a third time; the only rule is that as often as the brine appears at the top, causing the ice to float, it must be drawn off, and the tub repacked. Keep the blanket wet with the brine; the evaporation causes intense cold, and helps to keep the ice from wasting, but when "brine blanket" is used cover top of freezer first with a dry blanket, then ice, etc. About twenty-five pounds ice is necessary for two or three gallons ice-cream in summer time, and the best is that which is porous and full of air cells, commonly called "snow ice." Snow itself is also an excellent freezing material and as it is often desirable to be able to make ices in the winter season, when there is no ice in the house, if there be snow upon the ground it makes an excellent substitute. It needs only to be packed down firmly in the freezing tub, and enough water added to make a thick mush; then put in the salt, and freeze as usual. Large freezers require much less ice and salt, in proportion to their contents, than small ones; for a gallon freezer use about ten pints pounded ice, and three of salt. If a larger proportion of salt is used than one-fourth, the cream will freeze sooner but will not be so smooth and rich, and some only take one-fifth salt. *Do not let a grain of salt or a drop of brine get into the cream.* For evening use, cream should be cooked in the morning, cooled and frozen by mid-day. If wanted at the noon meal, cook previous evening, cool overnight, and freeze early next morning, or it may be cooked very early in morning. It needs several hours to harden and ripen; newly frozen cream is always somewhat mushy, and wanting in body and flavor. The creams produced by this method,

faithfully and skillfully applied, will be firm, smooth and fine-grained like the best butter or jelly. Some freeze in a warm place, believing that the more rapid the melting of the ice the quicker the cream freezes. If cream begins to melt while serving, beat up well from the bottom with the long wooden paddle.

After the last beating and before covering again with ice, if wished molded, fill cream solidly in every part of mold, that there may be no air spaces, working up and down with a spoon, which presses the cream in every part and also lightens it; heap it a little above the brim, press the cover down hard, bind a buttered cloth over the joint, or use buttered or oiled paper put on with paste or gum tragacanth, bury it in a pan or tub of ice and salt and cover with a blanket. If it be a figure or design in two parts, fill each half of mold a little more than full; the excess squeezes out on shutting it. Some cover top of cream in mold with thick white paper. When ready to serve, wash mold with cold water to remove the brine; take off cloth, and wipe mold dry, lift off cover, turn mold over on a plate, and if room is warm, it will slip off the cream in a few seconds. It is better not to use warm water on the mold; it causes the cream to melt and run down the surface in unsightly streams. The variety of molds is very large, from the plain pyramid to the most elaborate combinations of figures, animals, flowers and fruits, corresponding to the flavor, as oranges for orange ice-cream, etc., and new designs and devices are brought out every year.

A delicate way of serving ice-cream is to place upon it a spoon of whipped cream, and the most elaborate is to enclose it in meringues or kisses (see Confectionery). Fill the shells with whatever ice-cream or other ices prepared, put together by twos, thus forming a large egg, tie it around with a ribbon of suitable color and, send to table. When several kinds are served at one time, they are designated by ribbons of the same color as the creams or ices; white for almond or vanilla, brown for chocolate, pale and deep yellow for lemon, pine-apple and orange, pink for strawberry, green for pistachio, fawn for peach and apricot, and so for all the others. Sometimes, after filling, the edges of the shells are lightly touched with the soft part that was removed, to make them stick together. For *Marbled Meringues*, fill with two or more creams of different colors, as for example, vanilla in one half and chocolate in the other, or straw-

berry and orange, lemon and pistachio, peach and almond, and any other combination fancy may dictate. A pleasing contrast also is furnished by filling one-half with ice-cream and the other with water-ice, or one with a vanity and the other with frozen fruit. The ribbons should be double-faced and of shades to correspond with and indicate the contents; or take plain ribbons of the two colors required, stitch two pieces, one of each color, together at ends, each half the entire length wished, and tie around the meringue, finishing in a bow-knot, one-half of the bow thus being of each color. Angel or Cream Cake, Cream Sandwiches, White Lady Fingers, or Centennial Drops are nice served with Ice-cream.

For freezing small molds and also Bisque or Biscuit Glace have a large tin mold, either square or rectangular; fill this with little paper cases, which must fit the tin mold exactly in every part. These little cases may be made round, oval, oblong, square, or as little baskets, and about the size of a patty pan, of smooth, heavy white paper or light card-board, and a frill of lace paper put around the edge gives a pretty effect; fill with the mixture, and cover mold with a hermetically fitting top. In the bottom of a wooden box, made for the purpose eight inches larger each way, with a cover and handles, put about six or eight inches of pounded ice and coarse salt in alternate layers; in this place tin mold of filled cases with another eight inches of ice and salt; cover the whole with a thick, heavy cloth, or blanket, and let stand six or eight hours. The box containing ice should have a small plugged hole, to allow escape of water from melted ice. When mold is taken from ice, wipe well before opening, to prevent any salt-water getting in. Or a more elaborate square tin box is made with shelves, with feet at each corner to support them, and called a "cave," and when shelves are filled and placed in, one above the other, is also packed in the outer box with ice and salt. Then there is a patent cave that is round like an ice-cream freezer; to fill, put shelf into can, packed as for ice-cream, cover with cases, then another shelf and so on till all are added; put on lid, press tightly down, bind the joint like any mold, cover with pounded ice, then with a woolen cloth or blanket, then ice and salt and the "brine blanket." Let stand as ice-cream, drawing off water and repacking if necessary. There should be a hole, with a wooden plug, in the side of ice-tub just above bottom the same as in an ice-cream freezer. Any one having the latter may

have tin shelves made to fit the can, with three supports or feet two or three inches high, and if wished an extra cover without any opening in top, although with that plugged and carefully protected it will not be necessary; remove beater, put in shelves, fill, cover, bind and cover with ice as above. In caring for patent ice-cream freezers, the cogs should be oiled occasionally and every part of the can, beater, etc., should be well cleaned and dried on top the stove or in sun before putting away.

In making recipes refer to table of weights and measures for relative proportions of pounds, pints, teacups, gills, etc. Whipped cream may be added when cream is half frozen, or later, just before it is packed for hardening, and the quantity given in the following recipes is measured before whipping. In all recipes where only cream is used, part new milk may be substituted in any proportion wished, using with it the arrowroot, corn-starch or flour in proportion as given, remembering that the milk must always be cooked with the sugar and thickening, strained, cooled and then the cream added; but when cream alone is used it may be cooked or not as liked. Always use a custard kettle and strain all mixtures while hot. In giving proportions of ingredients in different recipes where cream and milk are used the term liquid will be given to cover both. Custard ice-cream or Neapolitan is considered by some preferable for Caramel, Chocolate, Coffee, Lemon, Vanilla and the different nut creams, and the Philadelphia and Lacteanola, without eggs, as already suggested, better adapted to fruit flavors, but where the lightness given by eggs is wished without the flavor, the whites alone can be used and added when cream is partially frozen. It is better to use earthen bowls, crocks, jars, etc., to hold any of the milk, cream or fruit preparations while in process of making ice-creams, and we feel like repeating instructions for adding fruit and juices, as one will be fully repaid for the extra trouble. Always add juice when cream is partly frozen, and especially is this true of very acid fruit, as currants, lemons, etc., for it is apt to curdle the cream if added before freezing; if fruit is used, chop and add *just before serving*, or if to be molded, when put in mold. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it; it should be melted and worked through a sieve before being added, and if the color should not be good a little prepared cochineal may be put in to improve its appearance. In recipes where

candied fruits are used the French are of course the best, but one can dry and prepare them at home, and if either are not obtainable a substitute can be had by using any firm-fleshed, home-made preserves, such as cherries, strawberries, pears, peaches, pine-apples or quinces. Drain off syrup, chop into dice, roll in pulverized sugar and stir into cream, as above. In vanilla flavoring some use the bean, a small bean to a quart, others heaping tablespoon powder, others half ounce vanilla sugar, while most use half tablespoon extract to above proportion. The preparing, flavoring, molding and serving of ice-creams can be so varied, according to the taste of the kitchen-queen, that by carefully reading directions and recipes she can soon make any combinations wished, and by adding "here a little and there a little" create new and delicious flavors.

Almond Ice-cream.—Cook two quarts cream, the prepared almonds and three teacups sugar in custard kettle, strain, cool and freeze; prepare almonds as follows: blanch and rub to a paste, with four tablespoons each sugar and cream reserved from the above quantities, half pound shelled almonds and a few drops rose water. Add when half frozen one quart cream, whipped, teaspoon almond extract and half vanilla. For *Almond Caramel*, put the blanched almonds in oven, roast quickly to a yellow brown and then prepare and add as above, adding half teaspoon caramel in place of almond extract. For *Pistachio Ice-cream* make as above, using pistachio nuts instead of almonds, with a heaping teaspoon Spinach Coloring to give a fine color. If wished with eggs, use eggs and more sugar in proportion as given in general directions. Some use only two ounces shelled nuts to each quart cream. Any *Nut Ice-cream* can be made in same way except that walnuts and hickory nuts are not blanched.

Arrowroot Ice-cream.—Boil two quarts milk, add half pint arrowroot mixed smooth with part of the milk and two pounds sugar; when cold add two quarts cream, whites of six eggs, tablespoon any flavoring and freeze.

Boston Ice-cream.—Make a boiled custard of three pints cream three teacups sugar and yolks of ten eggs; strain, cool, freeze and add teacup crumbs of steamed brown bread, prepared by drying, grating and sifting, pint cream, whipped, and well-frothed whites, and pack as directed. This can be made without eggs, and also by cooking part of crumbs with custard, giving rather more body to cream.

Buttermilk Ice-cream.—Strain buttermilk through a thin cloth, so as to remove all lumps and particles of butter, add sugar until very sweet and flavor with vanilla. Freeze as directed.

Caramel Ice-cream.—One and a half pounds brown sugar, three quarts cream, one pint boiling milk. Put sugar in an iron frying-pan on fire and stir until it is a liquid, stir it in the milk, strain, and when cool add to cream. Whipping all or part of the cream makes it more delicious. Or to any of the cooked foundations or preparations add only half the sugar to the milk or cream and make a caramel as above with the rest, add to boiled mixture, strain, cool and freeze. The flavor may be varied by browning the sugar more or less.

Chestnut Ice-cream.—The native chestnut may be used, but is not as fine as the Italian variety. Boil, and to a quarter pound pulp add two tablespoons sugar, and four of cream, rub to a smooth paste and add it to three pints cream, three teacups sugar and twelve eggs; cook, strain, cool, freeze, and add, just before packing, a pint cream, whipped, and juice of one orange.

Chocolate Ice-cream.—Scald one pint new milk, add by degrees three-quarters pound sugar, two eggs, and five tablespoons grated chocolate, rubbed smooth in a little milk. Beat well for a moment or two, place over fire and heat until it thickens, stirring constantly, set off, add a tablespoon of thin, dissolved gelatine, and when cold, place in freezer; when it begins to set, add a quart of rich cream, half of it well whipped. To make a mold of chocolate and vanilla, freeze in separate freezers, divide a mold through the center with card-board, fill each division with a different cream, and set mold in ice and salt for an hour or more.



Fancy Ice-cream.

For that delicious preparation, *Chocolate Fruit Ice-cream*, add when cream is frozen French candied fruit, or a coffee-cup preserved peaches, or any other preserves, prepared as directed. For *Spiced Chocolate Ice-cream*, cook three pints cream and two teacups sugar; prepare spice by pouring over three-quarters teaspoon best pulverized cinnamon, seven tablespoons boiling water and let stand on back of stove, (must not boil), twenty minutes; pour off clear liquid and add to it quarter pound grated chocolate, or less if not wished highly flavored. Add this to the hot cream, strain, cool and freeze as directed. When half frozen add one pint cream, whipped and flavored with half teaspoon vanilla. Delicious served in glasses or dishes covered with tablespoon whipped cream or meringue, also very dainty molded in individual molds and surrounded with whipped cream. For *Chocolate Caramel*, make as above, using four tablespoons caramel in place of cinnamon, adding it with the whipped cream and vanilla. Or to the above hot cream mixture add a chocolate paste made as follows: Stir in a dish, set in pan of hot water, six tablespoons grated chocolate, two tablespoons each sugar and boiling water, till smooth and glossy; adding whipped white of an egg just before removing from fire, is an improvement. After add-

ing to mixture, strain, cool, freeze and finish as above, adding whipped cream and flavoring. For *Chocolate Custard*, to any two quarts custard preparation add the above paste and one tablespoon dissolved gelatine and proceed as above. For *Chocolate Moss*, mix one quart double cream, whipped to a stiff froth, and drained on sieve, with half pound sugar and three-quarters tablespoon vanilla. Meantime have two squares Baker's chocolate melted by placing in a small tin basin over a teakettle boiling water. Stir chocolate carefully into the whipped cream. Pour into freezer, taking out beater, or in a pail and freeze without stirring. When wished for the table, dip a cloth in boiling water and wrap about the freezer until the cream slides out, or better, let freezer stand in warm room for a little while. Slice and it looks like variegated moss. Two tablespoons gelatine, soaked in cold water two or three hours, may be added to the whipped cream. Five tablespoons grated chocolate to each quart liquid, in any of the above recipes, gives a pleasant flavored ice-cream.

Cocoa-nut Ice-cream.—Cook one pint milk, three eggs, grated rind of one lemon and a teacup and a half sugar in custard kettle; when thickened, strain, cool, freeze, and when half frozen add cup grated fresh cocoa-nut, prepared as candied fruits in Cabinet Ice-cream, one quart cream, whipped, and juice of one lemon. Desiccated cocoa-nut can be used without any preparation.

Custard Ice-cream.—Beat yolks of five eggs, add eight well rounded tablespoons white sugar; boil a quart milk, stir with it one tablespoon corn-starch (previously dissolved in a little cold milk); when cooked until as cream, cool, add one quart cream, the eggs and sugar; season with lemon or vanilla and freeze. Plain custard is also good frozen. Sliced peaches greatly improve this or any frozen custard, added just before serving the cream.

Coffee Ice-cream.—Grind very fine a quarter pound coffee, half each Mocha and Java, or use the pulverized, taking only half as much. Put one quart cream on in custard kettle; when hot add coffee and cook ten or fifteen minutes, strain, add pint more cream, yolks of twelve eggs and three teacups sugar; cook, strain, cool, freeze and when half frozen add pint cream, whipped, and also the whites; or where the made coffee is used, scald a pint milk and stir in a tablespoon arrowroot, mixed smooth in a little cold cream, add two cups sugar and cup very strong clear coffee sweetened to taste; when cold stir in quart cream, whipped, and freeze; or for *Whipped Coffee Ice-cream*, whip one quart double cream, add cup each sugar and strong black coffee, whip to a froth, pile in goblets, freeze and serve. In winter time can be placed out doors or in summer time in Cave as described. For *White Coffee Ice-cream*, pour one quart boiling cream over half pound freshly roasted whole Mocha

and Java, half and half; place in custard kettle and keep on back of range for an hour or so, where water in outer kettle will keep hot, not boil - strain, return to inner kettle and add yolks of twelve eggs, beaten smooth with teacup and half sugar; when it begins to thicken,



Coffee Ice-cream.

take off, strain, cool, freeze, and when half done add pint cream, whipped, and if wanted very delicious the well-frothed whites may be used; if so, add with the cream, and use in the custard a half teacup more sugar. Mold in melon mold and serve surrounded by whipped cream. *Tea Ice-cream* is made as above, using one ounce tea.

Eggless Ice-cream.—One quart cream, two quarts new milk, scant half teacup flour, or two tablespoons, and one and a half pounds granulated sugar, or three teacups; put three pints milk in custard kettle, or in pail, set in kettle of water; when hot stir in flour, previously mixed smooth in one pint new milk; let cook ten or fifteen minutes, stirring once or twice, then add sugar and stir constantly for a few minutes till it is well dissolved. Remove and strain while hot through a crash strainer. When cold add one pint cream and place in freezer. When half frozen, take a wooden paddle, scrape down sides and stir in well one pint double cream, previously whipped and flavored with one and a half tablespoons vanilla, put on cover and pack as directed. This makes one gallon and is sufficient for two dozen dishes; or take in all three pints new milk, one and a quarter pints cream, one tablespoon flour, two teacups sugar, and one tablespoon vanilla, and prepare as above, reserving and whipping *all* instead of part of cream and adding when half frozen. This makes sufficient for sixteen or eighteen dishes and any proportion may be taken for a less number. For *Fig Ice-cream* two teacups figs cut fine may be added with the whipped cream. For *Almond Ice-cream*, to each quart liquid, milk or cream, use four ounces shelled almonds prepared as follows: Blanch and pound to a paste with half pint cream or milk and four tablespoons sugar, reserved from above quantities and a few drops rose water to prevent oiling of nuts; add to milk in custard kettle and cook with rest of sugar; finish as above and add with whipped cream half teaspoon almond extract and quarter teaspoon vanilla; or if a more decided nutty taste is wished add the nuts with the flavoring; or for *Caramel Cream* add in proportion of two tablepoons caramel, made as directed, and a quarter teaspoon vanilla to each quart liquid when preparation is half frozen. For *Filbert Ice-cream*, make as the Almond and Almond Caramel.

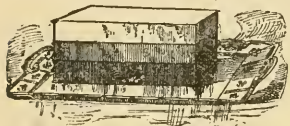
Any of the recipes with fruit, nut or any flavor where all cream is used can be made as above, using same proportions of liquid, only two-thirds new milk to one-third cream, or half and half, or any proportion wished, preparing milk as above, and adding other in-

gredients as in recipe. In whipping cream for ice-cream, if double cream is used, it is not always necessary to drain on sieve, as it will all whip stiff enough to be used.

Gelatine Ice-cream.—Soak one half package of Cox's gelatine in a pint new milk; boil two pints new milk, and pint and a third sugar, strain, add the soaked gelatine, stirring well; when cold add one quart cream, tablespoon vanilla, and freeze; or reserve half of cream, whip and add as directed.

Ginger Ice-cream.—Bruise four ounces preserved ginger in a mortar or bowl, using potato masher, add two-thirds pint powdered sugar, and one pint cream; mix well, strain, freeze and when ready to pack add two ounces preserved ginger, cut in dice, and juice of one lemon and pint cream, whipped.

Harlequin Ice-cream.—This is any three ice-creams wished arranged in layers, as illustrated, in the Brick mold; vanilla, pistachio and strawberry are used together, or chocolate, strawberry and vanilla, or almond, or any nut or fruit cream, or a water-ice is used for one layer. The mold is then bound and packed as directed.



Hickory-nut Ice-cream.—A pound hickory-nut kernels, two cups sugar, quart cream. Pick over the kernels carefully for pieces of shell, then pound in a mortar with a little sugar and water added. Put two tablespoons of the sugar over fire without water, stir constantly till melted and browned, add a little water to dissolve it, then add to cream with the sugar and nut paste and freeze.

Jam Ice-cream.—Prepare one pound of jam as directed, add one and a quarter pints cream, mix well and strain, freeze, and when partly frozen add juice of one lemon. Apricot, Raspberry, etc., are very nice made in this way.

Kentucky Ice-cream.—Make a half gallon rich boiled custard, sweeten to taste, add two tablespoons gelatine dissolved in a half cup cold milk; let the custard cool, put it in freezer, and as soon as it begins to freeze add one quart cream, whipped, and just before serving one pound raisins and one pint strawberry preserves. Blanched almonds or grated cocoa-nut are additions. Some prefer currants to raisins, and some also add citron chopped fine.

Italian Ice-cream.—Whip three pints cream and add to it three-quarters pound best pulverized sugar and tablespoon vanilla; freeze, and when frozen and ready for packing stir carefully into it the following: Half teacup granulated sugar, cooked in quarter pint water till it "threads" when a little is taken up on a spoon, or will become as soft wax when tested in cold water; then pour it slowly

over the well-frothed whites of two eggs, pouring with the left hand and beating constantly with the right, as in making Boiled Icing, till it is cold. After stirring into frozen cream, cover and pack as directed, or the cream may be cooked instead of whipped. For *Italian Custard Ice-cream*, cook the cream with two teacups granulated sugar, yolks of nine eggs; strain, cool, add the vanilla, freeze and finish as above. For *Whipped Ice-cream*, whip quart cream, add two-thirds pint pulverized sugar and half tablespoon vanilla; freeze as directed. Any other flavoring may be used.

Lemon Ice-cream.—To two quarts sour cream that has soured quickly, take one of sweet cream, pound and a half sugar, the juice and rind of one lemon; cut the rind thin, and steep it ten or fifteen minutes in half a pint of the sweet cream over boiling water; strain, cool, and add to the rest, and freeze; or make a custard of one quart cream, yolks of six eggs and three and a half teacups sugar, (reserving six tablespoons, two for preparing the zest, as in *Saratoga Ice-cream*, and four to mix with the juice, obtained as directed, of three lemons and one small orange;) let boil, strain, cool and freeze: To grated rind of two lemons, being careful not to grate any of white pith, as it is bitter, add the prepared juice, let stand an hour or two, strain and add with pint cream, whipped, and the well beaten whites, to the custard when half frozen; or make as above, omitting juice and rind and flavor with tablespoon lemon extract.

Macaroon Ice-cream.—One and one-half pints cream, half teacup dry macaroons, grated and sifted, teacup white sugar, yellow rind of one orange, grated, and the juice of two. Whip cream, add sugar, freeze, and when half frozen add macaroons and the orange juice and rind; or to any half frozen preparation, in proportion of teacup or half pound sugar to each quart cream or milk, add the sifted macaroons and if almond macaroons add six drops extract almond to same. For *Macaroon Caramel*, first roast macaroons to a yellow brown and add a few drops caramel, and for *Triple Ice-cream* make as above and add tablespoon each sponge cake, macaroon and meringue crumbs, prepared by grating and sifting when dry. Flavor with teaspoon and a half nectarine extract. Serve in the little cases, first placing them in the "cave" as described.

New York Ice-cream.—Boil quart thin cream, with teacup and a half sugar and a vanilla bean in it. Beat yolks of twelve eggs light and pour the boiling cream to them. Set on fire again for a minute. This yellow custard will not become frothy, rich and light in the freezer if cooked too much, and should be taken off and strained as soon as slightly thickened. Freeze as directed. Mold in a round mold with a chocolate cream for center layer and a lemon cream above. This is very delicious.



Orange Ice-cream.—Cook two quarts cream and two teacups sugar, cool, strain and freeze. Prepare juice of one dozen oranges and one lemon as in Saratoga Ice-cream, add grated rind of two oranges, and cook to a syrup with one and one-third teacups sugar. strain, cool and mix with cream when half frozen. *Strawberry Ice-cream* is made as above, first preparing one quart juice from two or three quarts berries, by mashing through the wire sieve, adding to pulp in sieve when juice ceases to run, two-thirds teacup sugar (this is in addition to quantity given for ice-cream), let stand an hour, mash, strain and add to first juice, then cook to a syrup and finish as above. A teaspoon or two orange juice added with the syrup makes a delicious flavor. *Raspberry Ice-cream* is made as the Strawberry using the Cuthbert variety. For *Riced Orange Ice-cream*, wash and parboil eight or nine tablespoons best rice, put in custard kettle with quart milk and pint cream, teacup and a half sugar and a pinch salt; cook till grains are almost dissolved; when done, stir in yolks of six eggs and two teaspoons vanilla, mix well together, freeze as directed, then place in mold and pack. When ready to serve take from mold and place on the top and around the base a dozen oranges prepared as in Orange Compote.



Riced Orange Ice-cream.

Peach Ice-cream.—Mash to a pulp one quart peaches, strain through a hair sieve and add six ounces of loaf-sugar which has been on range to dissolve a few minutes; add one pint and a half cream, a few drops of cochineal to give a nice peach-color and freeze as directed; or cook three pints cream and two teacups sugar, strain and when cool freeze; when half frozen add one heaping pint peach pulp mixed to a smooth paste with two teacups sugar and add also the pint of cream, whipped. Two quarts peaches make one pint pulp. If wished, reserve quarter of them, cut in dice and add to cream just before serving. To prepare pulp do not peel till just ready to use, as all light fruits darken so quickly, and it is better to even drop in cold water as soon as peeled, but must not remain



Peach Ice-cream.

long as juice will be extracted; chop in fruit bowl, mash, and add sugar as above, stirring till dissolved and strain before adding to frozen cream. If Peach Flavor is used, take twice as much as of the pulp and mix it with the cooked cream after latter has cooled. Canned peaches are used same way as fresh fruit, utilizing the juice for pudding sauces or ices. Any of above recipes may be molded and surrounded with pieces of the fruit when served. Nice *Apricot* and *Apple Ice-cream* may be made as above, except do not pare fruit. *Plum* and *Cherry Ice-cream* are made same way, except after stoning and mashing the fruit add a few of the kernels pounded to a paste, and the dark fruits can stand an hour or so, stirring occasionally; if the light fruits are placed in a covered

dish they may also be kept awhile and will strain easier. Any fruit may be used as above and for *Swiss Ice-cream* whip all of the cream, instead of cooking a part, using powdered sugar and not straining; freeze, add fruit and finish as above, and if wished even more delicious add with the fruit whites of six eggs, beaten with a quarter teacup sugar.

Pine-apple Ice-cream.—Three pints cream, two large ripe pine-apples, pared, and eyes, heart or core removed, as latter is bitter, two pounds powdered sugar; slice pine-apples thin, scatter sugar between slices, cover and let stand three hours; cut or chop it up in the syrup, and strain through a hair sieve or double bag of coarse lace; beat gradually into the cream, and freeze, adding when half frozen a pint of cream, whipped; reserve a few pieces of pine-apple, unsugared, cut into square bits, and stir through cream when frozen. *Peach Ice-cream* may be made in same way; or for *Saratoga Ice-cream* take above proportions, using granulated sugar; cook the cream and two teacups sugar, strain, cool and freeze and when half frozen, add fruit juice prepared as follows: Mash and strain the pulp, a heaping pint, and to this add juice of two oranges and one lemon. (To better obtain juice of latter, roll, rub with a spoonful or two of sugar to obtain the zest, then pare, scrape off all of the inner white rind down to pulp, as this is bitter, cut in half, pick out seeds, squeeze out juice, dissolve the zest in it and strain.) Cook all the juice with two teacups sugar to a syrup, strain and cool and add with the pint of cream, whipped, when preparation is half frozen. Mold and serve with whipped cream as a garnish. Pine-apple darkens very quickly and should be cooked as soon as prepared. *Banana Ice-cream* is made as above, using teacup less sugar, and juice of one lemon, or half and half orange and lemon.



Pine-apple Ice-cream.

Strawberry Ice-cream.—Sprinkle strawberries with sugar, mash well and rub through a sieve; to a pint juice add half a pint good cream, make very sweet, freeze, and when half frozen, stir in lightly one pint of cream, whipped, and handful of whole strawberries, sweetened. Mold and pack; or mash with a potato pounder in an earthen bowl one quart of strawberries with one pound of sugar; rub through a colander, add one quart sweet cream and freeze. Or if not in the strawberry season, use the French bottled strawberries (or any canned ones), mix juice with half a pint of cream, sweeten, freeze and add whipped cream and strawberries as above. *Peach or Apple Ice-cream* may be made in same way, using very ripe peaches and the yellow bellflower apple. In molding, one can put an inch layer of any of the above fruit creams and then fill with Vanilla Ice-cream, dropping in here and there a little candied fruit. This makes *Cabinet Ice-cream* and can be prettily molded by placing carefully some of the candied fruit next mold before filling, and more elaborately

by filling the mold two-thirds full of Almond Ice-cream ; set it in bed of ice and salt ; then to two quarts ice-cream, whip half pint double cream, mix in lightly one-third pint pulverized sugar and add quarter pound each blanched almonds, candied cherries, pears and apricots, first soaking fruits and nuts in a hot sugar syrup till soft, then chopping into dice and lightly dusting with pulverized sugar ; mix this prepared cream carefully through the ice-cream in mold, put on cover, bind and pack as directed. For *Surprise Ice-cream*, put three pints of strawberries in a deep dish with one cup pulverized sugar and juice of one orange ; whip four pints cream and add two cups sugar, freeze, take out beater and draw frozen cream to sides of freezer. Fill space in center with the strawberries and sugar, and pile the frozen cream over them. Put on cover and pack as directed. When the cream is turned out, garnish the base with strawberries. Raspberries or any fruit may be used in same way, taking a little less sugar for sweeter fruits, and may be molded as in *Fruit Surprise*.

Tea Ice-cream.—Pour a pint cream over four tablespoons Old Hyson tea, scald in custard kettle, or by placing the dish containing it in a kettle of boiling water, remove from fire and let stand five minutes ; strain into a pint cold cream, scald again, and when hot mix with it four eggs and teacup and a half sugar, well beaten together ; let cool and freeze.

Vanilla Ice-cream.—Mix three pints sweet cream, pint new milk, pint pulverized sugar, whites of two eggs, beaten light ; freeze. Serve plain or as *Fruit Surprise* by lining a mold with it, then fill center with fresh berries, sweetened, or fruit cut in slices, and cover with the ice-cream, put on lid, bind and set in freezer for half an hour, with salt and ice well packed around it. The fruit must be chilled, but not frozen. Strawberries and peaches are delicious thus prepared. Or for *Vanilla Custard Ice-cream*, cook in kettle in proportion of one quart cream, six eggs and teacup and a half sugar ; strain, cool, add third of tablespoon vanilla and freeze as directed ; reserving the whites, beating and adding when custard is half frozen, makes it lighter ; adding when this is frozen ready to pack, half pint mixed candied cherries, raisins, currants and citron prepared as in *Cabinet Ice-cream*, makes *Tutti Frutti Ice-cream*.

Cream Biscuit.—These are generally made of all cream, although we give a recipe with part milk and three with a syrup. The cream must be pure double cream, whipped to a stiff froth and drained on sieve as directed. There are only one or two kinds that are frozen as ice-cream ; for the others, molds, paper cases, fruit cases, etc., are filled with the mixture and placed in the cave, as directed, for three or four hours. The cave in which the ice-cream freezer is utilized is best, and using the same care in packing as with ice-cream there would be no necessity for a different cover or for binding the joint

after covered; so the only additional article needed would be a set of shelves to fill the size freezer used, and it would be wise to have two or three extra shelves with feet of different heights so that individual molds, glasses, fruit cases and any other receptacle in which ice-cream, biscuits, ices, etc., are molded could be frozen. Or as a substitute for all a large tin pail can be used for freezer and round pieces to fit made of heavy white card-board for shelves, placing them on top each layer of cases, etc. When thus used do not fill cases quite full and after placing a layer of them in pail, cover with a round piece of clean white paper to fit, then the card-board shelf, then more cases and so on till all are used, when cover pail, pack and finish as directed. Below are recipes of different varieties of biscuits.

Custard Biscuit.—Beat well eight yolks of eggs, with teacup and a quarter sugar, a very little salt and one pint cream. Stir over the fire until slightly thickened. Flavor with either vanilla powder, the almond or lemon extract or coffee or chocolate. It may also be made by adding a *puree* of peaches, strawberries, raspberries, or pine-apple to custard. Freeze as ice-cream and when half frozen stir in lightly one-half pint of cream, whipped; then partly fill paper cases with the mixture, smooth over the tops and place in ice-cream cave.

Fruit Biscuit.—Beat yolks of eight eggs and four teacups sugar well together, add quart of any fruit juice, cook in custard kettle, strain and place on ice, and add to it two ounces gelatine, dissolved by adding a very little warm water, placing it in pan of hot water and setting on back of range. When mixture thickens add quart cream, fill cases, and place in cave.

Italian Biscuit.—Boil together pint each granulated sugar and water twenty minutes, add well-beaten white of an egg and boil ten minutes longer. Strain into an earthen dish and add yolks of twelve eggs and whites of two and five tablespoons orange juice. Set dish in a pan of hot water during process of beating. Beat briskly until it resembles a well-prepared, firm, sponge-cake batter. Fill cases with it and smooth over tops and pack and freeze as above. Or the mixture may be frozen in one mold, and some sifted macaroon powder or grated chocolate sprinkled over the surface, to imitate a baked *souffle*, and with care the hot salamander may be used. By adding three-quarters pint peach pulp and stirring lightly with the mixture half pint cream, whipped, and a quarter teaspoon vanilla, luscious *Peach Biscuit* will be the result, and can be filled in paper cases, or in the Brick mold, or in a long mold just the width and height of the cases, and when frozen, turn out, cut in slices, or if in long mold in pieces size of cases and frost with a *Chocolate Ice*, made of half pint syrup and four ounces best chocolate, smoothly mixed, and frozen; or a Strawberry or Raspberry Ice may be used,

and some add to the ice whites of three eggs beaten well with three tablespoons sugar. Serve in paper cases. Or for *Strawberry Biscuit* add pint strawberry pulp instead of peach and then the half pint cream, whipped. Fill in cases and surround each with a band of stiff paper, reaching half an inch above the edge of the case, pinning ends together to secure them; freeze in cave, and when ready to serve, remove the bands and cover with macaroons bruised fine and browned in oven, and one can quickly use the Salamander iron if liked. The bands of paper are meant to give the appearance to the biscuit of having risen in process of baking.

Nut Biscuit.—Make a syrup as in Vanilla Biscuit, cool and add the nuts blanched and prepared as for ice-cream, quarter pound shelled nuts to each quart cream, and the well-beaten yolks of eight eggs; return to fire, stir quickly till it thickens, coating the spoon, then strain into a large bowl and beat till cold. Whip quart cream and add lightly with half teaspoon almond extract, if almond or pistachio nuts are used, and fill in cases. Any flavoring may be used, and blanched nuts and candied fruits, prepared as in Cabinet Ice-cream, may be added just before filling cases.

Vanilla Biscuit.—Beat well together the yolks of eight eggs, and eight ounces powdered sugar. Flavor one pint new milk with vanilla, and boil it. Dissolve in a vessel set in hot water one and a half ounce of gelatine, and as soon as it is dissolved mix with the boiling milk, pour slowly over eggs and sugar, stirring all the time; when well mixed pass through a sieve and put in very cold place to cool. Whip one pint cream and add it slowly to the cold mixture; fill cases and freeze. Or, *With Syrup*, cook in custard kettle tea-cup and a quarter sugar and one gill water, add yolks of eight eggs and stir well for five or ten minutes; strain into an earthen bowl and beat with an egg beater till it is stiff and cold. Whip quart thick double cream, flavor with quarter tablespoon vanilla and stir it lightly into the above; fill the cases, pack in cave, and finish as directed; or part of mixture may be colored and flavored with raspberry syrup and placed in bottom of cases, then fill them with the plain vanilla and freeze. Or in *Fruit Biscuit*, fill two-thirds full with the mixture, freeze, and fill up with some water-ice that blends with the flavor used in mixture: For Strawberry Biscuit use a layer of Orange Ice; for Pineapple Biscuit, Lemon Ice, etc. Any of the above mixtures may be made more elaborate by glazing, but as that needs a confectioner's skill we will not describe it; but the mere icing of them is given in Strawberry Biscuit, and one can cover their tops when ready to serve with whipped cream or with a plain meringue, and the mixture can also be filled in Lemon or Orange cases, made by cutting off top from fruit and carefully removing pulp.

Sherbet Crystal.—Boil one pint sugar and pint and half

water fifteen or twenty minutes, beat yolks of fifteen eggs very light and strain. Place syrup in custard kettle and add yolks, beating with an egg-whisk for ten minutes. Remove inner kettle from fire, place in a pan of cold water and continue beating fifteen minutes. Pack mold in ice and salt, and spread on sides and bottom of it one quart Strawberry or Raspberry Sherbet; when hardened, put the cooked mixture in center, being careful not to disturb the sherbet, cover all with a piece of thick white paper, put on cover and finish as directed in packing molds.

Glazed Meringue.—Any ice-cream may be meringued and glazed successfully. Boil three-quarters pint milk and stir in tablespoon gelatine that has been soaked an hour or two in half cup cold water, strain into quart cream, add tablespoon vanilla and half pound pulverized sugar; when frozen, take out beater and pack the cream smoothly, being careful to have the top perfectly level, and pack with ice as directed. When ready to serve, make a meringue of the whites of six eggs and six tablespoons pulverized sugar. Turn the cream out on a fancy dish and cover every part well with the meringue. Brown with a red hot salamander or shovel and serve immediately; or put the frozen cream in round mold and imbed in ice and salt; have a flat round sponge cake on plate, and when ready to serve turn mold quickly out upon it, cover with the meringue and glaze as above. Another way to serve any ice cream, without the glazing, is to bake a sponge cake in one of the crown molds, ice it with a white icing, and when ready to serve place on platter, spread inside with any fruit jelly liked and fill center with any ice-cream, frozen in freezer but not molded; heap whipped cream, sweetened, on top of center and around base of cake and serve.

Frozen Pudding.—Put one pint milk in custard kettle, beat three eggs and teacup sugar together, and add, stirring all the while. Pour the hot custard on twenty-five dry lady fingers, add cup dried currants and let cool. When cold, add two tablespoons orange juice and pint cream, whipped to a froth. Freeze the same as ice-cream. When frozen wet a melon mold in cold water, sprinkle a few currants on the sides and bottom and fill with frozen mixture; bind and pack as directed. Serve with Apricot Sauce around it. Or *With Gelatine*, take dozen each macaroons and cocoa-nut cakes, dozen and a half lady fingers, and a cup dried currants. Prepare mold as above, sprinkle sides and bottom with currants and put in layers of the cakes, sprinkling with currants till all are used. Put a pint and a half milk in custard kettle, when hot, stir in two tablespoons gelatine, soaked one hour in half cup cold milk, then add four eggs beaten well with teacup sugar, and cook four minutes, stirring all the while. Take off, and add pinch salt and one teaspoon vanilla. Pour this, a few spoonfuls at a time, on the cake and let cool. When cold, cover with thick white paper, and it is well to

let paper extend over the edges and then close the cover tight upon it; bind and pack in ice and salt. Or a more elaborate pudding is made by adding to the gelatine custard a pint cream and three more eggs, while cooking; remove from fire and add half tablespoon nectarine extract and strain into mold till within half an inch of top, having first half filled it with cake, fruit and nuts, placed in layers as above, using macaroons, lady fingers, currants, seedless raisins, citron and blanched almonds, preparing currants, raisins and citron as in Cabinet Ice-cream and chopping the almonds. Now cut a piece from a sheet of sponge cake to fit top and place on the custard, cover tightly with the lid and let the pudding cool. When cold, bind and pack as directed, for three or four hours. Serve with any pudding sauce, or a rich custard, or whipped cream, sweetened. Any kind of stale cake, macaroons or meringues, dried or preserved fruit, candied fruit or flavoring may be used, although for the latter our confectioner tells us that *Nectarine Extract* is more delicious for cabinet puddings; while we have had success in all fruit puddings in mixing the flavor, vanilla and lemon, half and half. The famous *Nesselrode Pudding* can be made with or without eggs and differs very little from any of the iced puddings, save there must be chestnuts in it. *With Eggs*, boil or blanch forty chestnuts, and as in ice-cream the Italian are best to use, peel, mash and rub through a sieve and cook in custard kettle with yolks of twelve eggs, pint cream and two teacups sugar; when it thickens strain and add teaspoon vanilla and pinch salt; or mix the chestnut pulp with clarified syrup, pint sugar and pint water, as in Italian Biscuit, add cream and eggs as above and place in custard kettle, stirring constantly until it begins to thicken, remove and add vanilla. When either mixture is cold, put in freezer and freeze, adding when partly frozen, four tablespoons orange juice, pint of cream, whipped, and two ounces each citron, currants and raisins, three ounces each preserved pine-apples, and candied apricots and cherries, soaked or cooked in syrup as above; then chop raisins, slice citron very fine and cut the pine-apple and apricots into dice; or put mixture in freezer, and freeze without stirring, scraping down the cream from sides of can with the paddle as fast as it freezes and lightly mixing till smooth. Cover, and when frozen place in mold, stirring carefully into it the fruit prepared as above, and pint cream, whipped; cover, bind, and set in cave. To make *Without Eggs*, take a pint chestnut pulp, add two teacups sugar and rub to a smooth paste, add teaspoon vanilla and mix it gently with a pint of cream, whipped; put in freezer and freeze without stirring, as above; then add to it quarter pound each currants, raisins and citron, prepared as directed; put in molds and place in cave or the pail as described. Serve with any pudding sauce, custard or whipped cream. Or, *With Pineapple*, boil one pint and a half shelled chestnuts half an hour, rub off skins, pound to a paste and to it add a pint shelled almonds, blanched and pre-

pared as above. Make a syrup of pint each sugar and water and the juice from one can pine-apple, cook twenty minutes in custard kettle and add beaten yolks of eleven eggs, placing on back of range and stirring constantly till it thickens, some using an egg beater. Take off, place inner kettle in a pan of cold water and beat fifteen minutes longer and let cool; then mix nut paste with half pint cream and rub through the sieve, add to mixture and freeze. Prepare three-quarters pound mixed French candied fruit, as in Cabinet Ice-cream, chop and add with the canned pine-apple cut fine, tablespoon vanilla, six tablespoons orange juice and half pint cream, whipped, when mixture is half frozen, or when ready to mold. A melon mold makes the handsomest dish and when served stick here and there roasted chestnuts or blanched almonds, dipped in a candy syrup, then slightly cooled, and also garnish the melon with them. Some add the candied fruit, flavoring, etc., to the mixture before freezing, but the extra trouble will well repay one.



Melon Mold.

Strawberry Vanity.—Beat yolks of nine eggs and two teacups pulverized sugar to a cream, and to this add one quart strawberry juice, prepared as for Strawberry Ice-cream, mixed with two teacups sugar till all dissolved. Place mixture on ice and strain into it half box gelatine, dissolved, and when it thickens slightly, stir in gently one quart pure double cream, whipped. When it begins to harden, fill in a large mold, or individual molds, and pack. Serve in two or three hours, as Vanities are more like the different creams and do not want to be as hard as ice-cream. Whole strawberries may be dropped in just before molding. Serve with whipped cream sweetened, or it is nice with simply sweetened cream, flavored with strawberry juice; or with a custard made by cooking in custard kettle one pint milk or cream, yolks of three eggs and half teacup sugar; remove from fire and add the well-whipped whites, quarter pint strawberry juice and a teaspoon orange juice and let become ice-cold. The same flavor of Vanities can be made as of ice-creams, using same proportion of fruit juice as above, and candied and preserved fruits can be added as before in ice-creams. For other flavors as vanilla, coffee, chocolate, etc., use quart water instead of fruit juice. Orange and Lemon Vanities may be served in the Fruit Cases by cutting off about an inch from the top of fruit corresponding to the Vanity, carefully taking out the pulp and filling with the mixture; or a more economical way is to cut fruit in halves, take out pulp, then paste on a rim of buttered paper extending an inch and a half above the edge, fill and place in Ice-cream Cave; or any Vanity can be filled in a cake-case as described on bottom of page 108 and then placed in cave. It would be better to first loosen cake from mold, then return to mold, carefully cut out center, fill and set in cave in the cake-mold, as that would keep it in shape. When ready to serve

take out carefully, invert on platter, placing it right side up, and heap a meringue or whipped cream upon the Vanity in center. In *Lemon Vanity* use only one and a half pints juice, and in *Banana* and *Chocolate* use teacup less sugar.

Ices.

These are generally made of water, sugar and juice of fruits, although the fruit juice is used alone with its measurement of sugar, as pint for pint. The juice is obtained by rubbing fruit through a wire sieve, all except oranges and lemons (as with them none of the pulp is used), and then straining through the ice-cream, or three cornered jelly strainer, although with peaches, apples, apricots, etc., some prefer the pulp also, and do not strain. Where any seeded fruits are used, it gives a fine flavor to leave a few of the kernels of the seed in the pulp for an hour or so, and some mash them to a paste and add, straining juice when used, but as in all flavoring, give only a slight hint rather than a decided taste. In making the first kind, if the water and sugar are not well mixed before freezing, the sugar will sink to bottom and there will be a sharp unpleasant taste, or the mixture will be granular and mushy in texture, like a hardened mixture of sweetened snow and water, and melt very quickly, even in the freezer, if it is left open a few moments, and will soon become soft and spongy. But by following directions given ices can be made as smooth and firm as the best ice-cream and much resemble it in texture. The sugar and water must be cooked in a kettle to a clear syrup, clarified if not clear, scum removed, and the hot syrup strained through the ice-cream strainer and let become ice-cold. Pour it into freezer, packed as for ice-cream, add the strained fruit juice, and other materials, if any, and freeze as directed; it will usually take from fifteen to twenty minutes to effect the first freezing of ices, as they require more time than ice-cream. Then open can, scrape down sides, and beat till smooth, and add (if three pints water) one white of egg, beaten with a tablespoon pulverized sugar to a stiff froth, or *Meringue*, and work as smoothly as possible. Too many whites of eggs are apt to give a milky look, as they melt out rapidly. Draw off brine, renew ice and salt, place the

"brine blanket" over all as in ice-cream, and let stand to harden and ripen, for two or three hours. Open can, renew beating, repack as before and when frozen, serve.

Water-ices increase in bulk one-half when frozen as above. For what are termed Granites or Sherbets, where a syrup is not made nor the meringue added, turn out as soon as half frozen, or as wet snow. When Fruit Flavors are used, add them to the syrup when partially cooled, or place in dish in a pan of hot water and beat till melted and then add. Use earthen bowls, crocks, wooden spoons, etc., for mixing as in ice-cream. For ices, a good general rule is pint syrup to each pint fruit juice, or pint and a half Fruit Flavor, and to make syrup, take pint and a half granulated sugar to one pint water, boil fifteen minutes, add half of white of an egg, well beaten, let boil, strain and cool. Any of the fruit shrubs or fruit juices, canned expressly for this, make delicious ices, and juice from canned plums and all the berries may be used with good results. The above is one rule, but we give many different recipes that have been successfully used, making different grades of richness, flavoring, etc., although care must be taken not to make too sweet as it will not freeze as readily.

Ices are usually served in glasses as illustrated, but if molded, must have a small quantity of dissolved gelatine added to enable them to keep their shape. After mold is filled make air-tight by placing a piece of writing paper around the edges, and then shutting cover of mold upon it; bind and pack as directed, and when ready to serve wipe the ice and salt off mold very carefully and dip in cold water. Ices when frozen should be perfectly smooth and soft enough to yield easily to the spoon, if brittle or solid it is an indication that too much water has been used. A pretty ornamentation for them is made by preparing a gelatine jelly in the usual manner, then reduce by slow boiling to little more than half, color as desired, strain, flavor, and cool on large platters, pouring it about third inch thick; when cold cut out with any of the vegetable cutters, leaves, flowers, etc., place on the molded ices and also garnish with them when served. This is equally ornamental for ice-cream. Any fresh fruit cut in pieces, or candied or preserved fruit, or nuts, the last three prepared as in Cabinet Ice-cream, may be added just before molding, or if not molded just before serving the ice. It is



Dish of Ices.

especially necessary with ices that they be beaten up well before dishing from freezer, and in using canned fruit use less water in proportion to fruit.

Apple Ice.—Grate, sweeten and freeze yellow bellflower apples; canned apples may be mashed and prepared in same way. Pears, peaches or quinces can also be frozen as above. Or make a syrup of three pints of water and four teacups sugar; let cool. Quickly slice unpared, tart and nicely flavored apples, then chop, mash and rub through wire sieve until a pint of pulp and juice is obtained, which add immediately to syrup; freeze, add meringue and finish as directed. *Peach, Pear, Apricot, Cherry, Nectarine and Plum Ices* are made in same manner. Canned fruit may be used with less water in syrup and if Fruit Flavor is used, take proportion as given.

Apricot Ice.—Cut in pieces two cups best apricots and stew with the blanched kernels in two cups water and one cup sugar until tender, then rub through sieve and put in freezer. Freeze, and when partly frozen beat in well-frothed whites of two eggs, or the meringue as described above, and finish as directed. Just before serving stir in cup sliced apricots. Canned apricots may be used with their syrup using less water. *Peach Ice* may be prepared in same way.

Cherry Ice.—Take two quarts sweet cherries, one of water and three teacups sugar. Pound fruit in mortar so as to break the stones and strain the juice through a fine strainer. Boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and rub that through the sieve; mix all together and freeze. This may be molded with a nut cream by lining a mold with the ice and filling the middle with the cream; bind and pack as directed. Or if served direct from the freezer, place the ice as a border in the individual dishes and the nut ice-cream in the center. This is a nice way to serve different creams and ices.

Citron Ice.—Make two quarts rich lemonade, well flavored with the rind; if grated rind is used, the lemonade must be strained before putting in citron. Slice enough citron thin and small to loosely fill a half-pint measure, and add to lemonade. Let boil a moment, or if made previous evening, this will not be necessary; cool, freeze, and when partly frozen add the meringue and finish as directed. *Preserved Watermelon* can be used in same way.

Currant Ice.—Boil down three pints water and a pound and a half sugar to a quart, skim, add two cups currant juice, and when partly frozen, add whites of five eggs.

Gooseberry Ice.—Stew gooseberries until soft, squeeze through ice-cream strainer, and to every pint juice add pint and a half granulated sugar and pint water; mix well, and freeze; when half frozen add whipped whites of three eggs.

Grape Ice.—Stew a cup ripe Concord grapes, mash with a pint sugar, add juice of a lemon and pint water, strain and freeze.

Lemon Ice.—To one pint lemon juice, add one quart sugar, and one quart water, in which the thin rind of three lemons has been allowed to stand until highly flavored; when partly frozen add the whites of two eggs, beaten to a stiff froth. Or prepare nine lemons and three oranges, as in *Saratoga Ice-cream*, being very careful to extract every seed, as they cause a bitter taste. To a syrup made of quart and a half water and four teacups sugar add lemon juice, will be about half pint, and half as much orange, and when partly frozen add the meringue of one egg; prepare zest from only half the lemons. Serve in glasses with tablespoon meringue, (whites of two eggs beaten well with two tablespoons sugar), flavored with orange juice, on each glass.

Orange Ice.—Make as above, using nine oranges and one lemon; when frozen fill in the orange fruit cases and place in Ice-cream Cave for three or four hours, and it is then made more delicious by covering the ice in each case with a meringue and browning quickly with a red hot salamander, serving immediately. The orange pulp taken from cases can be used in obtaining juice. Or make a thick syrup by boiling two teacups sugar with teacup water; divide three of the oranges, after peeling, by the natural divisions, and drop the pieces into the boiling syrup, first extracting the seeds; grate the yellow zest of the remaining three oranges into a bowl and squeeze in the juice; then pour the syrup from the scalded slices into the bowl, and keep the slices on ice, to be added last. Add quart water and juice of a small lemon to syrup, strain and freeze. When partly frozen whip four whites firm, stir them in and beat up the ice till it looks like cream; cover closely and pack with more ice and salt, and when done mix in gently the orange slices, without breaking them. Serve in ice-cups, glasses or saucers. *Raspberry* and *Strawberry Ice* can be made as above, using with the lemon juice, a little orange juice also in the strawberry.

Peach Ice.—Make a syrup or not as liked, in proportion as given in directions and add one can or twelve fresh peaches well mashed. When frozen add beaten whites of three eggs and finish as directed. Or, peel and quarter the fresh peaches, add syrup, and put at once in mold, having first placed some of the slices of peaches in bottom of mold; cover, bind and pack for five or six hours; cream and sugar may be used instead of the syrup, making *Peaches and Cream Ice*. Whipping the cream is an addition.

Pine-apple Ice.—Bruise a half pound fresh pine-apple in a mortar, add juice of one lemon, half pint water, pint clarified syrup, strain and freeze, adding the meringue when half frozen if wished. For *Tutti Frutti Ice*, place a layer of Lemon or above ice in a Brick mold, making it quarter full, and place in ice and salt; then mix an equal portion each candied apricots, cherries, strawberries or any fruits wished, and blanched almond or pistachio nuts, prepared as in Cabinet Ice-cream, in all about a pound of mixture, with a quart of Strawberry or Orange Ice, and add to mold till three-fourths full; smooth and add of first ice, Lemon or Pine-apple, till full to overflowing. Bind and pack as directed for three or four hours. Preserved fruits may be used, prepared as in ice-cream directions, and a little preserved ginger or angelica root is a choice addition. Use other ices also, according to different tastes.

Snow Ice.—Add quarter pound sugar to half pint cream, and flavor highly with vanilla or lemon; if lemon juice is used, more sugar will be required. Stir in newly-fallen snow until thick as ice-cream, and any kind of fruit juice may be used instead of cream. In either case the snow must not be added until just before serving.

Strawberry Ice.—Nice sound fruit should be obtained, stems removed, and the berries gently wiped perfectly clean and dry; then put into a dish, and place pulverized sugar over them, stirring with a wooden spoon until fruit is slightly mashed. Rub pint pulp with gill and a half juice through wire sieve, add pint clarified syrup



Strawberry Ice.

and freeze. Pour into small glasses, and arrange in dish as illustrated, on a foundation of green leaves; or mash two quarts strawberries with two pounds sugar; let stand an hour or more, squeeze in a crash strainer, pressing out all juice, add equal measure water; and when half frozen, add the white of one egg beaten with tablespoon pulverized sugar.

Colorings.—For *Blue* rub a piece of indigo with a little water and add by drops to the mixture to be colored until the desired shade is reached. For *Brown* use grated chocolate, or for a very light brown, *Caramel*, which is prepared for immediate use by putting cup granulated sugar in *iron* skillet or frying-pan set over fire, and stirring constantly until a dark brown color and as thick as molasses. When properly done a cup sugar will make five table-spoons coloring. When preparing for bottling, boil a longer time, then add a half pint water and boil again, until a little cooled in saucer is found thick as molasses or honey. If too thick, or if it candies, add a little more water and boil again. Bottle, and if kept corked it will never spoil. For *Green* use either the Parsley or Spinach Coloring, given on page 180. For *Pink* use strawberry, currant or cranberry juice or jelly. If a bright *Red* is desired, mix

one drachm each pulverized alum and cream tartar, four drachms powdered cochineal, two ounces loaf sugar and saltspoon soda; or same proportions in level tablespoons are two-thirds tablespoon pulverized alum, half tablespoon cream tartar, two and a half of powdered cochineal, four of pounded loaf sugar and the saltspoon soda; boil ten minutes in half pint pure soft water and when cool bottle and cook for use. For *Yellow*, use the juice of a carrot or the grated peel of an orange or lemon, moistened with the juice or a little water, and squeezed through a cloth. When a deeper color is wanted boil a little American saffron with a little water till a bright yellow, strain and cool, and use enough to give desired shade; some use a mixture of an ounce turmeric with four of deodorized alcohol, shaking till dissolved and then straining and bottling. No objection can be made to the use of any of the above, save perhaps to the blue, which is very seldom used, and only for Ornamental Icing. The others are all fruit or vegetable preparations, and their use adds greatly to the handsome appearance of ices and ice-creams, icing, jellies, cakes, creams and pudding and other sauces. To guard against getting in too much coloring, use by putting in a very little at first, mixing well, then add a very little more until desired shade is obtained.

Gopher Orange Ice—Make a syrup of three pints water and one quart sugar; when cool add two gills lemon juice and three of orange juice; freeze and when half frozen add white of one egg, beaten well with tablespoon sugar. Thoroughly beat it with the ice, finish freezing and serve. Strawberries or slices of pineapples gently stirred through *just before* serving (if added too long before, they freeze and are unpleasant to eat) make a delicious variety. *Pineapple Ice* may be made of canned pineapple using pint of juice, and gill lemon juice with above proportion of syrup, adding the pineapple cut in dice just before serving, if wished. With all ices it is always better to add a gill of lemon juice, as the acid assists in the freezing and also adds to the flavor. Any proportions of the recipe may be made; above makes about two dozen dishes.

Chocolate Ice—Make syrup of quart water and pint sugar cooking half an hour. Make a chocolate paste by pouring four or five tablespoons water over a scant half teaspoon pulverized cinnamon, letting stand half an hour, then straining over four heaping tablespoons grated chocolate and beating well together; add to syrup, cook five minutes, strain and when cold add half teaspoon vanilla and juice of three lemons (about a gill) and freeze as above. Syrup should be reduced to about two-thirds of the quantity water and usgar used (making one quart in this recipe). This rule applies to all *Ices with Syrup*, which is by far the better way, giving a firm, smooth, delicious ice. To the syrup when cool can be added any fruit juice or flavoring used in *any* ice or ice-cream, always adding lemon juice and meringue as above. These ices are praised by all.

ICING.

Nothing adds more to the elegance of a well spread table than a handsomely iced and ornamented cake, which with a little care and painstaking can as well be prepared at home as ordered from the caterer, and at much less expense. For a plain quickly made icing for a loaf of cake of ordinary size take white of one egg and eleven heaping teaspoons pulverized sugar. If obtainable, use the confectioners' sugar known as "XXX." Be careful not to get in any of the yolk of the eggs, as then the icing will not beat up well, and be sure the bowl, spoon or spatula, and all utensils used are perfectly free from grease. Beat well, and do not attempt to make the icing thick and stiff by adding sugar alone, or it will run. Good icing depends upon good beating as well as quantity of sugar. Beat whites of eggs to stiff froth, and add pulverized sugar gradually, beating all the time. A wooden spatula is better than a spoon for beating in the sugar. There are various opinions about the length of time icing should be beaten, some giving half an hour, others a much shorter time. Some break the whites into a broad platter and at once begin adding sugar, and keep adding gradually, beating well all the while until all sugar is dissolved and the icing is perfectly smooth. Thirty minutes' beating ought to be sufficient. Lastly, add flavoring, rose, pine-apple or almond for white or delicate cake, and lemon or vanilla for dark or fruit cake. The same amount of material, prepared with the whites of eggs *unbeaten*, will make one-third less icing than if the eggs are beaten to a stiff froth before adding the sugar; but those who prefer this method think the icing is enough smoother and softer to pay for the extra quantity required. There is a medium method much used by the best of



Wooden Spatula.

housekeepers; the eggs are beaten to a slight foam, sugar added gradually, or all at once, and when thoroughly incorporated, flavor and use. Sometimes the whites of eggs will not froth readily, when add a pinch of alum, sugar, salt or soda; a teaspoon lemon juice or a little citric acid whitens icing, and the white of one egg whipped separately and beaten in just before putting on the cake makes the icing smooth and glossy. A little corn-starch helps to thicken icing. If the flavor is lemon juice, allow more sugar for the additional liquid.

Have the icing ready when the cake is baked and be sure that it is thoroughly beaten before removing cake from oven; if possible, have some one beating while cake is being removed. Invert a common tin milk-pan, placing it on a clean paper, so that if any icing falls off it can be used again, then place the cake on the pan, trim off all unsightly excrescences with a clean, sharp knife and apply icing, pouring it around the center of the cake and smoothing off as quickly as possible with a knife; it should run over the cake, becoming as smooth as glass, and adhere firmly to it. If the icing is a little stiff dip the knife in cold water. Dredging the cake well with flour when taken from the oven and wiping carefully before icing will keep the icing from running; when icing only the top of cake, place a rim of stiff white paper around it to keep the icing in place until it sets. If but one person is engaged in preparing cake and icing, and must necessarily stop beating while getting the cake in readiness, it will be best to beat the icing a few minutes again before placing on cake. As eggs vary in size, some common sense must be used in the quantity of sugar. Practice only will teach just how stiff icing ought to be. An excellent proportion is three-fourths teacup pulverized sugar to the white of one full-sized egg, but more sugar is sometimes required. In preparing for a large party, when it is inconvenient to ice each cake as it is taken from the oven, and a number have become cold, place in the oven to heat before icing. If wanted very nice, put the icing on in two coats, letting the first dry before putting on the second, when the icing left may be sufficiently thinned with water, if necessary, to work smoothly, or more icing may be prepared, taking care to have it just soft enough to run smoothly, and yet not run off cake—better to be a little too stiff than too thin. To apply the second coat, place the icing in a lump in center of cake, and let it run level of its own accord; or if a lit-

tle stiff, spread it out with a knife, taking care not to spread it quite to edge of cake (within a quarter of an inch), as it will run to the edge of itself; if it is not fully smooth, place a knife under the cake and shake it a little, which will cause all the rough parts to become smooth. To ice the sides of the cake, add a little more sugar to the icing, and beat it in well; then with the knife place it on the sides of cake until fully covered; and by holding the knife perpendicularly, with the edge to the icing, and the back leaning a little towards the icing, draw it all around the side of the cake; when it comes round to the starting point, suddenly give the knife a twist, and turn the back from the icing, and at the same time and by the same motion, remove the edge from contact with the icing. If this is done neatly and quickly one will hardly be able to find where it is joined. The cake now needs only to be dried, and it is ready for the ornamental icing or piping. Ornaments, such as gum drops, candies, orange flowers or ribbons should be put on while the icing is moist. It is nice when the frosting is almost cold, to take a knife and mark the cake in slices.

Almond Icing.—Blanch half pint sweet almonds by putting them in boiling water, taking off skins, and spreading upon a dry cloth until cold; pound a few of them at a time in a mortar till well pulverized: mix carefully whites of three eggs and three-quarters pint powdered sugar, add almonds, flavor with a teaspoon vanilla or lemon, ice the cake and dry in a cool oven or in the open air when weather is pleasant. Or take two cups sugar, pour over a half cup boiling water, cook until ropy; beat whites of two eggs, stir into sugar and beat until cold; add flavoring extract (bitter almonds is best), and one and a half cups blanched and chopped sweet almonds.

Boiled Icing.—Beat white of one egg to a stiff froth; boil one cup granulated sugar and one-half gill or four tablespoons water till it threads when dropped from spoon. Pour in a fine stream while boiling hot, into the beaten egg, stirring briskly all the time and continue stirring the mixture in the "round and round" way, never stopping till icing is thick and cold. Flavor as liked. For *Confectioner's Boiled Icing*, take whites of six eggs and beat to a stiff froth with half pound sifted granulated sugar. Boil another half pound sugar with a pint water (adding piece of cream tartar size of a pea) until a drop taken on the finger (first dip the finger in cold water) will pull into a fine thread by touching with the thumb. Then pour this

into the whites of eggs, stirring very swiftly to cook all alike, and lastly add six ounces sifted XXX sugar. Another method is to beat whites of four eggs with one and one-third pints powdered sugar, stir in a cup water and boil all together until thick and creamy, adding flavoring after taking from fire. For *Boiled Icing Without Eggs*, boil a cup granulated sugar four or five minutes with five tablespoons milk. Stir on ice or in cool place until cold and creamy, and wait until cake is cold before icing. Economical and preferred by some to that with eggs. Any of the above recipes makes a nice *Chocolate Icing* with the addition of grated chocolate to taste.

Cape May Icing.—To the beaten yolk and white of one egg, add cup powdered sugar, beating well together; melt in pan over teakettle two or three squares Baker's chocolate, according to strength of flavor liked, add this to above with teaspoon vanilla, pinch of powdered cinnamon, and when well mixed, stir in a tablespoon boiling milk. Spread at once.

Chocolate Icing.—For *Chocolate Icing With Gelatine*, soak a teaspoon gelatine one or two hours in three tablespoons water. Pour on it one-fourth cup boiling water, and stir in one and two-thirds cups powdered sugar. Grate two squares chocolate and stir into this mixture. Use immediately. For *Boiled Chocolate Icing*, beat one and two-thirds cups pulverized sugar into unbeaten whites of two eggs. Grate two squares chocolate, and put it and one-third cup sugar and four tablespoons boiling water in small frying pan. Stir over a hot fire until smooth and glossy, and then stir this into beaten whites and sugar. Enough for two loaves or one layer cake. Or, for a much richer icing, boil two cups granulated sugar and half cup water together for five minutes and add small cup grated chocolate. When a drop hardens in cold water stir four whole eggs in rapidly, beating all the while. Cook five minutes, stirring constantly, and flavor with vanilla, if liked. Does not crack nor break, and for this reason is highly prized. To make *Chocolate Caramel Icing*, take one cup brown sugar, one square Baker's chocolate, grated, and one tablespoon water or milk; simmer gently twenty minutes and spread on cake while hot. Or boil half cup milk, coffee-cup sugar, butter size of an egg and two tablespoons grated chocolate twenty minutes or till thick. Flavor with vanilla, or some add a pinch best pulverized cinnamon. To ice small cakes with this, take them on a fork and dip into the icing deep enough to ice both top and sides. If to be put together in a pyramidal form, ice the bottom and sides, instead of top, because of the more uniform surface. To keep the icing from becoming cold and hard while using, set in a pan of hot water or over steam until all are iced. The above caramel is nice in which to dip the balls made in French Candy. For *Spiced Chocolate Icing*, warm a half cake chocolate in

the oven ten minutes; add a heaping cup of sugar, teaspoon cinnamon, half teaspoon each pulverized cloves and ginger, two teaspoons vanilla, pour in a little water, stir all well together and melt to a smooth paste.

Clear Icing.—Mix a cup nice gelatine jelly with a teaspoon lemon juice and whites of two eggs until smooth, and pour over the cake. If the cake is not hot enough to dry it, place for a few minutes in a moderately warm oven.

Confectioner's Icing.—Break whites of four eggs into a large shallow platter in a cool room—in summer set on ice—and whip until they foam but do not whiten. Sift in a pound (one and one-third pints) powdered sugar, quite slowly, beating all the time steadily from the bottom so as to bring up every drop of the egg at each sweep of the egg whip, and so continue until the mixture is as white and fine as snow, and can be cut with a knife as clean and smooth as if it were cake, when it is ready for use. Apply in two coats. Sufficient for one large or two small loaves of cake, and those who prefer a *Hard Icing* will find nothing better.

French Icing.—Take white of one egg with twice its bulk in water, about four tablespoons, and beat as stiff as possible; then add XXX sugar till as thick as plain icing, or so it will spread nicely. It will take about one pint sugar, or three-quarters of a pound. This is especially nice for layer cakes, and in building sprinkle over each layer any nut meats liked, English walnuts, hickory nuts or blanched almonds, chopped, and for top layer place on in halves. One large egg or two small eggs will ice three layers. Use also for top of large cakes, but it is not nice for sides. This is very delicious, can be put on in as thick a layer as wished, and is like the French Candy (uncooked), except more water is used; when making it one can use part for icing and thicken the rest for the candy.

Gelatine Icing.—Dissolve one teaspoon gelatine in three tablespoons warm water, add a cup pulverized sugar and beat until smooth. Flavor to taste. Or soak the gelatine in a tablespoon cold water half an hour; dissolve in two tablespoons hot water; add one cup powdered sugar and stir until smooth.

Glaze Icing.—Stir beaten white of one egg with a little water and set over boiling water until the mixture boils; then put in a few drops cold water, stir in a cup powdered sugar, boil to a foam and use. Or stir into one pound powdered sugar, one tablespoon cold water; beat whites three eggs a little, not to a stiff froth, and add to the sugar and water; put in a deep bowl, place in a vessel of boiling water and heat. It will become thin and clear, afterward begin to thicken. When quite thick take from fire and stir while it cools till thick enough to spread with a knife. This will ice several ordinary sized cakes.

Lemon Icing.—Beat whites of two eggs and two cups sugar together, and add juice and part of the grated rind of two lemons strained. Or make Confectioner's Icing and add the strained juice and zest of one lemon, with eight tablespoons more powdered sugar. Color, if desired, with a few drops Yellow Coloring. *Orange Icing* made same, adding also teaspoon lemon juice.

Orange Icing.—Mix a half pound powdered sugar with one tablespoon each orange juice and boiling water, and half the grated rind of an orange; beat till fine and smooth, strain, and spread on the cake, while still warm, about an eighth of an inch thick, smoothing it carefully with a wet knife. This is especially nice for sponge cake.

Quick Icing.—Put cup sugar into a bowl with a tablespoon lemon juice and unwhipped whites of two eggs, or add the sugar gradually. Beat together until just smooth and pour over the cake; if the cake is not hot enough to dry it, place in a moderately warm oven.

Snow Icing.—Put one pint white sugar, unbeaten whites of three eggs and a teaspoon rose or lemon extract into an earthen dish, stir well together and set in a saucepan boiling water; stir constantly and cook eight or ten minutes, or until white and glistening. Put on cake while icing is warm, as it hardens quickly.

Soft Icing.—Mix a half pound finely pulverized, sifted sugar, with a tablespoon boiling water, and the same of lemon or any fruit juice, and spread at once on the cake while still warm from the oven, about an eighth of an inch thick. Especially nice for all kinds of sponge cake, and other light and dry cakes, such as snow cake, etc.

Transparent Icing.—Boil a pound granulated sugar with a half pint water until thick as mucilage; then rub with a wooden spoon against sides of pan until white and milky. Stir in one teaspoon vanilla extract and pour while hot over the top of the cake, completely covering it.

Tutti Frutti Icing.—Boil a pint granulated sugar with a half cup water until it "threads." Pour this into the well-frothed whites of two eggs and beat till cool; Mix together a half pound blanched and chopped sweet almonds, and a quarter pound sultana or seedless raisins, swelled in hot water, and the same of finely chopped citron, and stir into the icing. Very nice for sponge and fruit cake.

Union Icing.—Cover cake with a coating of Cape May Icing or any chocolate icing; let harden a very little, then spread with the French Icing. This is also known as the *Duplex Icing*.

JAMS AND JELLIES.

It is as important when making jams as when canning that only perfect fruit be used, as if fruit has passed the ripe stage and begun to ferment in the slightest degree the jam will not keep well. The fruit should be carefully cleaned and *thoroughly* bruised, as mashing it before cooking prevents it from becoming hard. Cook in a porcelain-lined or granite iron-ware preserving



Preserving Kettle.

kettle. Never put fruit or fruit juice in tin, either to let stand or to cook. Boil the fruit fifteen or twenty minutes and skim before adding the sugar, as the flavor is thus better preserved, usually allowing three-quarters of a pound sugar, granulated is best, to a pound of fruit—by measure a scant pint sugar to quart whole fruit, or pint when mashed; and then boil half an hour longer, skimming if necessary. Have a plate at hand for the skimmings, which should be added to vinegar barrel, as directed in Economical Vinegar. Use same utensils in making jams as in Canning Fruit, and it is also convenient to have a plate upon which to put spoon, dipper, etc., when not in use. If loaf sugar is used it should be dried and broken into small pieces before mixed with fruit. If left in large lumps it will be a long time in dissolving, and if crushed to powder it will make the jam look thick instead of clear and bright. Do not remove lid from range, as this will be likely to make the jam burn. To prevent scorching while cooking, jams require almost constant stirring, and every house-keeper should be provided with small paddle with handle at right angles with the blade (similar to an apple-butter "stirrer," only smaller), to be used in making jams and

marmalades. Jams are usually made from the more juicy berries, such as blackberries, currants, raspberries, strawberries, etc.; marmalades from the firmer fruits, such as pine-apples, peaches and apricots. Both require the closest attention, as the slightest degree of burning ruins the flavor. They must be boiled sufficiently, and have plenty of sugar to keep well. To tell when any jam or marmalade is sufficiently cooked, take out some on a plate and let it cool. If no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly. Pour in small cans, jars or glasses, let cool, and either seal as canned fruit, or secure like jelly, by first pressing paper, cut to fit glasses, dipped in alcohol or brandy, down close on fruit, and then putting on the tin covers; or if one has not covers, larger papers, brushed on the inside with white of egg, with the edges turned down over the outside of the glasses. Keep in a cool, dry, dark place. Examine every two or three weeks for the first two months, and if there are any signs of mold or fermentation the jam must be boiled over again. When jelly glasses or glass cans are used for either jams or jellies, as a precaution against breaking when the hot mixture is poured in, prepare the cans or glasses as directed in last method given on page 93 of Canning Fruits. It has recently been found that cotton is one of the best coverings for any preparation of fruit, as neither light, air nor moisture easily penetrates it. Make a covering of the cotton for the top of jelly and jam glasses and tie down over the tin covers or papers. Some housekeepers have excellent success in keeping fruit by pouring over tops of cans clarified butter or mutton tallow, a half inch thick, or covering to that depth with fine white sugar. This will apply equally as well to jellies.

Apple Jam.—Peel, core and cut apples in thin slices and put in preserving kettle with three-quarters pound white sugar to every pound fruit; add a few cloves, a small piece ginger and a thin rind of lemon (tied in piece of muslin), stir with a wooden spoon over quick fire half an hour, when it will be ready to can or put into glasses.

Apricot Jam.—Pare as thinly as possible (by immersion is best) and halve three pounds sound, ripe apricots, and take out stones; place in deep dish, and strew over half their weight of finely sifted sugar; let stand overnight. Then put them with syrup that

will have oozed from them in preserving-kettle, add a few kernels blanched and sliced, and boil very gently half an hour, stirring constantly. Put into glasses or cans and cover closely. Or the fruit may be simply stewed tender, and passed through a colander, adding sugar, pint for pint; boil until clear, and put up as above.

Blackberry Jam.—Measure or weigh and put fresh ripe berries into preserving-kettle, crush to a pulp with potato masher, and boil fifteen or twenty minutes, or until about half the juice has boiled away, skimming often; add three-fourths pound sugar to each pound fruit and finish as directed. *Currant* and all *Berry Jams* made same way.

Carrot Jam.—Select young carrots, wash and scrape clean, cut in round pieces, put over fire with water to cover and simmer until perfectly soft; then press through puree seive, weigh, and for every pound allow pound sugar, grated rind of a lemon, strained juice of two, and six chopped bitter almonds; put pulp over the fire with sugar and boil five minutes, then add other ingredients and as soon as these are well mixed put up in self-sealing cans. This is an imitation of Apricot Preserves, for which it is a very good substitute, but must be put up in thoroughly tight cans, according to directions for Canning Fruits, or it will not keep.

Cherry Jam.—Stem and wash cherries and boil till soft in very little water; put through colander to remove stones, then return to fire, sweeten to taste, boil thick as other jams and put up same. To make a very nice jam, take six pounds cherries weighed before stoning, stone and boil in their juice until nearly dry; then add four pounds sugar and pint currant juice and boil all together until it jellies, which will be in from twenty minutes to half an hour; skim jam well, keep it well stirred, and a few minutes before done, crack some of the stones and add the kernels; these impart a very delicious flavor.

Currant Jam.—Pick from stems and wash thoroughly with the hands, put in preserving-kettle and boil fifteen or twenty minutes, stirring often, and skimming off all scum; then add sugar in proportions given and finish and put up as directed in preface. The addition of one pound raisins to each gallon currant jam converts this into very fine *French Jam*.

Damson Jam.—Stone the damsons, weigh, and to every pound allow three-fourths pound sugar. Put fruit and sugar over the fire, keep stirring gently until sugar is dissolved, and carefully remove scum. Boil about an hour from the time it commences to simmer all over alike; it must be well stirred all the time, or it will be liable to burn and stick to the pan. When the jam looks firm, and the juice appears like jelly, it is done.

Gooseberry Jam.—Stew nice ripe berries in a little water, press through a coarse sieve, return to the kettle and add three-fourths pound sugar to each pound pulped gooseberry; boil three-quarters of an hour, stirring constantly; pour in jars or bowls, and cover as directed in preface. Some use an equal weight of fruit and sugar. If one prefers to keep the berries whole, put the sugar into kettle and add water enough to melt it; drop the fruit into the hot syrup and cook until the syrup begins to thicken around the berries. Do not stir but shake the kettle gently occasionally to keep the fruit from burning, and cook until a little jellies when cooled in a saucer. Put up as previously directed. *Blackberry Jam* is made same way. To make *Gooseberry Jam with Currant Juice* select the rough red gooseberries, if possible, stem and weigh them and allow a half pint currant juice and five pounds sugar to six pounds fruit; put gooseberries and currant juice over the fire and heat until fruit begins to break, then add the sugar and keep simmering until the mixture becomes firm or jellies. Skim carefully, and keep stirring that it may not burn.

Grape Jam.—Stem ripe grapes and slip off skins; put pulp in kettle with cup water and boil until seeds separate; strain, allow one pound sugar to one pint pulp, put all together in kettle with half the skins, boil until skins are tender, strain and put in glasses. Or simply stew the grapes in a little water, and press through a colander or coarse sieve, add sugar in proportion of three-quarters pound to a pound fruit, and finish as directed. *Plum Jam* made same way, adding a little water to plums to assist in straining.

Green-gage Jam.—To every pound fruit, weighed before stoning, allow three-fourths pound sugar. Halve the green-gages, take out stones, and put fruit in preserving kettle; bring to a boil, then add sugar, and keep stirring over a gentle fire till melted; remove scum as it rises, and just before jam is done add half the blanched kernels and boil rapidly five minutes.

Peach Jam.—Peel the peaches thinly with a silver knife, or if not too ripe by immersing in hot water, remove stones and weigh, allowing one-third their weight of sugar. Put in preserving kettle with sugar strewn in, set over fire, bring gradually to a boil and boil gently and steadily two hours, skimming as often as scum rises and stirring occasionally—constantly toward the last to prevent burning. Very ripe peaches, or the *sound* portion of those partly decayed may be used for jam. Some prefer rather more sugar, and stew the peaches until soft, then put them through a sieve or colander before adding sugar.

Pie-plant Jam.—Cut in pieces about one inch in length; to pound pie-plant, add a pound sugar: cut it up in the afternoon before it is to be cooked; scatter the sugar over it and let stand

overnight; in the morning drain off the syrup and boil till it thickens; then add the pie-plant and boil fifteen minutes, or till it is done. Or to every pound pie-plant allow a pound sugar and rind and juice of half a lemon; wipe pie-plant dry, cut in small pieces and put over fire with the sugar; mince the lemon peel very fine; add it and the juice to the other ingredients and keep well stirred; if very young, boil one hour, if old two hours. It will keep good for years. Omit the lemon and it is called *Pie-plant Butter*. For *Pie-plant and Orange Jam*, peel six oranges; remove as much white pith as possible, divide them, and take out seeds; slice the pulp in preserving kettle, add rind of half the oranges cut into thin strips, and the loaf sugar, which should be broken small. Peel one quart pie-plant, cut in thin pieces, add to the oranges, and stir all together over gentle fire until jam is done. Remove all scum as it rises, put the jam into pots, and, when cold, cover. Should pie-plant be very old, stew it alone for quarter of an hour before other ingredients are added.

Pine-apple Jam.—To one pound grated pine-apple add three-fourths pound sugar and boil ten minutes.

Plum Jam.—Weigh, then halve and stone the plums, spread on large dishes, sprinkle sugar over in the proportion of three-fourths pound to pound fruit, and let stand one day. Then simmer gently half an hour and boil rapidly fifteen minutes. Remove scum as fast as it raises and stir constantly. May be flavored nicely by cracking a few stones and adding kernels just before jam is done. The sweet varieties of plums do not require so much sugar.

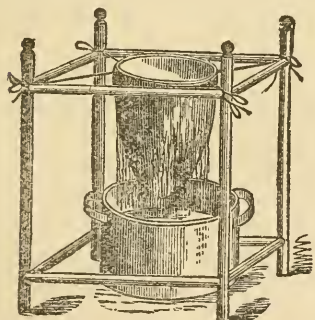
Quince Jam.—Boil fruit in as little water as possible until soft enough to break easily; pour off all water and rub with spoon until entirely smooth. To each pound quince add ten ounces brown sugar, and boil twenty minutes, stirring often. A more elaborate recipe requires seven pounds quinces, two of sour oranges and nine of sugar; cut quinces into dice and boil with them in one quart water, one-third or less of the orange rind; when quinces are tender add oranges and sugar and boil fifteen minutes. If sour oranges cannot be obtained use lemons. If quinces are not acid use less sugar. Very excellent.

Raspberry Jam.—Use small or crushed berries, carefully rejecting all decayed ones; prepare as directed, and allow two-thirds their weight in sugar; crush the berries in preserving kettle with potato-masher or wooden spoon, and beat well and boil fifteen or twenty minutes, add sugar and finish as in general directions. Or add currants in proportion of one-third currants to two-thirds raspberries; or use only the juice of currants, half pint to each quart mashed raspberries, and as a substitute two or three tablespoons currant jelly may be well beaten, thinned with a little water and added as the juice. Another method of making is to crush the berries and sugar together, and let stand two or three hours before cook-

ing, then proceed as above. Make *Strawberry Jam* same way, allowing sugar in proportion of three-fourths the weight of the fruit.

Fruit Jellies.

Vegetable jelly is a distinct principle existing in fruits, which possesses the property of gelatinizing when boiled and cooled, and is a principle entirely different from the gelatine of animal bodies, although the name of jelly, common to both, sometimes leads to an erroneous idea on the subject. When made of gelatine, jellies have no nutrition, and are simply used to carry a palatable flavor, but the fruit jellies are wholesome as well as palatable. Always make in a porcelain or granite iron-ware kettle. Never use tin utensils either in preparing the juice or making the jelly. Use the best refined or granulated sugar, and do not have the fruit, especially currants and grapes, overripe. To make clear, handsome jelly the fruit must be quite fresh and all blemishes removed. Currants and berries must be made up as soon as picked, and should never be gathered immediately after a rain, as they are greatly impoverished by the moisture absorbed. Never on any account let them stand overnight. Nearly all fruit jellies may be made in same way, whether currant, plum, crab-apple, gooseberry, quince, apple, peach or grape, using less sugar for the sweeter fruits. The first five fruits mentioned jelly very easily and quickly, and the others will give no trouble if directions are faithfully followed. Cherries will not jelly alone, and must be mixed with one-fourth their quantity of currants, or gelatine may be



Strainer Stand.

used with them, an ounce to a quart of juice. All fruit forms into jelly more readily if not quite ripe. Have the flannels and cloths used for straining perfectly clean and white, and the strainer stand illustrated will be found a great convenience. The cut explains itself, and the stand can be made by any one at all familiar with the use of tools.

To extract the juice, place fruit in kettle with just enough water to keep from burning, or bruise with potato masher until enough juice starts for the same purpose, stir often, and let remain

over fire until thoroughly scalded; or a better but rather slower method is to place it in a stone jar set in kettle of tepid water, boil until fruit is well softened, stirring frequently, and then strain a small quantity at a time through a strong coarse flannel, crash or cotton bag, wrung out of hot water, after which let it drain, and squeeze it with the hands as it cools, emptying the bag and rinsing it off each time it is used. A three-cornered bag is best and there is not so much need of pressing a bag of this shape, the weight of the fruit in the large part causing the juice to flow freely at the point. Press occasionally at the top and sides if necessary, but the jelly will be clearer if the juice is allowed to drain through without squeezing. The small salt bags do nicely for straining a small quantity and can be kept for this purpose. If jelly is wanted very nice, strain the juice again through a clean cloth, then return it to the clean preserving kettle. The larger fruits, such as apples and quinces, should be cut in pieces, cores removed if at all defective, water added to just cover them, boiled gently until tender, turned into bag and placed to drain for three or four hours, or overnight. Make not over two or three pints of jelly at a time as larger quantities require longer boiling. As a general rule allow equal measures juice and sugar. Some boil juice rapidly ten minutes from the first moment of boiling, skim, add sugar, and boil ten minutes longer; but a better way, which insures a clearer jelly, is to spread the sugar in a large dripping-pan, set in oven and stir often to prevent burning; boil the juice twenty minutes, skimming carefully, add hot sugar, let boil five minutes and pour into the prepared jelly-glasses immediately, as a thin skin forms over the surface when jelly cools, which should not be broken as it keeps out the air, and if formed upon the top of glasses of jelly acts as a preservative. Do not put on paper dipped in alcohol or brandy till jelly is cold, as the skin might thus be broken. This applies to jams when put up in glasses or stone jars. It is always best to test jelly before pouring into glasses, as some fruit juices require longer boiling than others to reduce to jelly. The simplest test is to take a few drops on a spoon and by holding it in a cool place and turning from side to side one can easily tell when it jellies, as it will jelly on the spoon and not run; or drop a little in a glass of very cold water, and if it immediately falls to the bottom it is done; or if when dropped in a saucer and set on ice or in a cool place it does not spread, but remains rounded, it

is finished. Be careful not to have so hot a fire when boiling as to scorch and so ruin the jelly, and too long cooking after the sugar is added will make it dark and strong. Some strain through the bag into glasses, but this involves waste, and if skimming is carefully done is not necessary. A little butter or lard, rubbed with a cloth on outside of glasses or cans, will enable one to pour in the boiling fruit or liquid, the first spoon or two slowly, without breaking the glass. If jelly is not very firm, let it stand in the sun covered with bits of window glass or pieces of mosquito netting, for a few days. Never attempt to make jelly in damp or cloudy weather if firmness and clearness are desired. When ready to put away, cover as directed for jams.

If pulp is wanted for jam do not squeeze the fruit too hard, and it can be made up very nicely. The jelly should be placed in a dry, dark, cool place and examined toward the end of summer, when if there are any signs of fermentation, reboil. Jelly needs more attention in damp rainy seasons than in others.

When jelly is wanted in its greatest perfection do not squeeze through strainer at first, simply use what will drain through of itself. This will make a beautifully clear jelly. The remainder of the juice may be squeezed through and jelly made of it as usual, but it will not be so nice as that made from the first drippings.

Jelly designed for frequent use, as for making jelly cake, sandwiches, serving with meats, etc., may be put up in stone jars, for which the half gallon is a nice size, but must be carefully covered again each time after opening. Writing paper cut to fit the tops and dipped in alcohol or brandy is best for the first covering for jars as well as glasses, then cover as directed in jams.

Apple Jelly.—Quarter and core but do not pare nice tart red-cheeked apples, and boil until soft; then strain with very little pressing and after boiling up and skimming thoroughly add three-fourths the quantity of sugar and boil until it jellies nicely. It will be delicious and of a beautiful pink color. Too ripe apples will make it dark. Some do not add sugar until about five minutes before jelly is done, and if apples are perfectly sound many cook the cores. Green apples are often used for jelly, and a very good article may be made by boiling the parings of apples with the sound cores in as little water as possible until soft, and finish as above. Three-quarters of a pint sugar to a pint juice is the rule of some housekeepers, who

also clear the jelly with whites of eggs. But if juice is properly strained and skimmed this should not be necessary. A German method of making is to let the apples boil untouched until they break, then set away in the kettle, if it can be spared, otherwise in an earthen bowl, for three days; then drain without pressing, add a pound sugar to every pint juice, and boil three-quarters of an hour. Fill glasses, and cover. Some economical housekeepers pare and core the apples and do not strain so closely but that they may be used for sauce or pies. If the flavor of lemon is liked boil half the peel of one with every two dozen apples, but lemon juice is thought by some to render the jelly muddy and thick; when used strain it in just before jelly is done. If the jelly is wanted light colored peel the apples. Apple jelly, ornamented when put into the molds with preserved greengages or other preserved fruit, turns out very prettily for dessert. Apple jelly is also made very delicious by the addition of orange and lemon juice, equal parts of both, in any proportion liked, half and half, or one-fourth orange and lemon to three-fourths apple juice.

Apricot Jelly.—Take out stones from two quarts apricots, cut in small pieces, mash thoroughly and put in preserving-kettle with a clove, and juice of half lemon; cover with water, set on moderate fire, and boil slowly till well cooked. Strain, and when juice is all squeezed out, put it in kettle with three-quarters pint sugar to every pint juice; boil till it jellies.

Cherry Jelly.—Stone and stem a quantity of best cherries, and to every four pounds add one pound red currants; put into preserving-kettle, place over the fire and reduce all to a mash, stirring all the while with the wooden spatula. Strain by pressing through a hair sieve, and filtering through a jelly bag. To each pint fruit add three-quarters pint or a pint sugar as liked. Place again on the fire and boil to a jelly, removing the scum, and fill glasses or jars. A very nice jelly, and excellent for flavoring summer drinks.

Currant Jelly.—Weigh the fruit and to each pound allow half the weight of granulated or pure loaf sugar. Put a few currants in porcelain-lined kettle, and press with potato-masher, or anything convenient, in order to secure sufficient liquid to prevent burning; then add the remainder of fruit, and boil freely twenty minutes, stirring occasionally, to prevent burning. Take out and strain carefully through the three-cornered stainer above mentioned, putting the liquid into either earthen or wooden vessels. When strained return liquid to kettle, without trouble of measuring, and let it boil thoroughly for a moment or so, skim well and add the sugar, which has been heated as directed in preface. The moment the sugar is entirely dissolved, the jelly should be done, and must be im-

mediately dished, or placed in glasses. It will jelly upon the side of the cup as it is taken up, leaving no doubt as to the result. *Blackberry* and *Strawberry Jelly*, are made by either of above methods, and a very finely flavored jelly is obtained by mixing red raspberry and currant juice, two parts former to one of latter. For a clearer jelly, one can extract currant juice without boiling fruit, by crushing fruit with the hands in large earthen bowl, about a quart at once. Pour the currants into the strainer, and when all crushed and draining, stir them about with the hand and squeeze the thin juice from them; then take about a pint and a half of the crushed fruit at a time in a strong towel and squeeze; the thick juice that comes at the very last it is well to put aside for currant shrub; the first can be used with that already strained for the jelly. A jelly of a prettier color is obtained by mixing the white and red currants, half and half. Some take the trouble to make jelly from the white and red currants separately, then harden it in successive layers in glasses. For the process see directions given for making Ribbon Jelly. Another pretty arrangement is to melt jelly before serving, add little dissolved gelatine, put in mold and set in ice-box or cool place to harden. Some housekeepers report excellent success in making *Uncooked Currant Jelly*. To one pint currant juice from raw fruit, add a pint granulated sugar; stir the juice very slowly into the sugar until sugar is dissolved, then let stand twenty-four hours and it will be stiff jelly. Turn into glasses, cover with a thin covering and set in the sun two or three days, then cover as directed and put away. Half a bushel currants makes twenty-two and one-half pint glasses of jelly.

Gooseberry Jelly.—To every quart green gooseberries add a pint water and boil until bursting and almost a jam. Then strain and proceed as in general directions, adding a pound sugar to each pint juice. Requires longer boiling than most jellies. Juice may be obtained without boiling the fruit as in Currant Jelly, if preferred, and some let berries stand twenty-four hours after cooking before straining, or hang in jelly bag all night.

Grape Jelly.—Cook grapes whole or first rub through a sieve; to each pint juice, measured after straining, use pound sugar and cook as directed. Half-ripened grapes are best. *Wild Grape Jelly* made same.

Muscadine Jelly.—Squeeze skins from muscadines, saving all the pulp and juice, and add to each quart a dozen or twenty of the skins, or enough to give a rich crimson color; too many will make the jelly dark, and if none are used it will have a muddy color. If there is not sufficient juice to prevent scorching add a little water, set on brisk fire and cook twenty to thirty minutes; take off and strain through flannel jelly-bag, once only; add pint sugar to each quart juice, return to fire and boil hard twenty minutes without stirring. Test, boiling until it will jelly, and put away in glasses.

Pine-apple Jelly.—Pare and grate fruit and to each pound fruit take pound sugar, stir till sugar is dissolved and cook and test as above. Strain into glasses and cover as directed. This is delicious molded and served as a Dessert Jelly, surrounded with sweetened whipped cream if liked.

Raspberry Jelly.—Cook red raspberries until the juice separates, then strain and proceed as directed in preface, adding three-fourths as much sugar as juice. Or the juice may be obtained by mashing and straining, without cooking. Care must be exercised in selecting the berries, as if at all over-ripe the juice may not jelly readily. Success is sure, however, if one part currant juice is added to two parts raspberry, and some use half and half.

Strawberry Jelly.—Mash the berries and strain through jelly-bag without squeezing. Put juice on stove and follow general directions, adding sugar pint for pint. The berries must be firm and freshly gathered, as the slightest tendency to fermentation will prevent the juice becoming jelly.

Tomato Jelly.—Cut a peck yellow tomatoes in pieces, boil until soft, and strain; put the juice on, after measuring, with a sliced lemon added and boil half an hour; add sugar pint for pint, let dissolve and come to boiling point, when it should be jelly. Test until properly done, then strain into glasses.

Fruit Flavors.—These are very easily prepared, and very convenient for flavoring and coloring ices and ice-creams, dessert jellies, sherbets, drinks for the sick, creams, pudding sauces, etc., when fruit is out of season. Directions for preparing the juices or pulps of the different fruits have already been given in Ices and Ice-creams, and the process of making is the same for all: Mix the given quantities prepared fruit juice or pulp and sugar together, stirring until sugar is dissolved and a clear syrup results; then pour into glass fruit jars of pint or quart size, same as used for canning, cover closely with their lids, stand in wash-boiler and finish as directed in third recipe for Canned Peaches, on page 153, boiling half an hour after boiling point is reached. Put cans away as directed in Canning Fruit. If properly prepared these flavors will keep two or three years and when used will have all the flavor of the fresh fruit juices. For *Orange Flavor* to each pint prepared orange juice add juice of one lemon and three cups granulated sugar. Make *Strawberry Flavor* same way using prepared strawberry juice and juice of only half a lemon. For *Raspberry Flavor* take a pint prepared raspberry juice, juice of half a lemon, or half gill currant juice, three and a half cups sugar. For *Cherry, Currant, Grape, Plum* and *Apple Flavors* use a pint prepared juice and three cups sugar. For *Peach, Apricot*, and *Nectarine Flavors* allow three cups sugar to each pint prepared pulp. ¶

Dessert Jellies.

Very handsome jellies for dessert are made with gelatine formed in fancy molds, and when fruit is added exceedingly elegant and ornamental dishes result. But there are a few points connected with the use of gelatine for culinary purposes which cannot be too strongly impressed upon housekeepers and cooks. It should always be soaked in cold water till thoroughly saturated or so soft that it will tear with the fingers. In some cases it should be soaked for not less than five or six hours. The liquid containing gelatine should never be boiled, except in cases when it cannot be avoided, such as in clearing a jelly with white of egg, when it is necessary to raise the temperature to boiling point to coagulate the albumen; but two minutes' boiling is quite sufficient for that purpose. Use as little gelatine as possible; that is, never use more than will suffice to make a jelly strong enough to retain its form when turned out of the mold. The prejudice common against gelatine which existed in former years was doubtless caused by persons unacquainted with its qualities using too large a quantity, and producing a jelly, hard, tough, and unpalatable, which compared very unfavorably with the delicate jellies made from calves' feet, the delicacy of which arose from the simple fact that the gelatine derived from calves' feet is so weak that it is almost impossible to make the jellies too strong. Persons accustomed to use gelatine will know that its "setting" power is very much affected by the temperature. In hot weather a little more gelatine than ordinary should be added. If jelly is not perfectly clear after straining, beat up whites of eggs and add, bring to a boil and skim, then strain again. Do not use lemon extract for flavoring jellies made with gelatine, as it imparts a milky appearance, and as in making these jellies ornament is the chief aim, it is desirable to have them as clear and transparent as possible. To mold, rinse the mold in cold water, and then fill. Jelly is sometimes formed in a mold with a cylindrical tube in the center, and when turned out the space in center is filled with whipped cream. If wanted still more ornamental dot the whipped cream with strawberries, or any kind of preserved fruits, such as cherries, grapes, slices of peaches, etc. Any jelly left over, whether fruit or gelatine, may be reheated in a custard kettle and molded again. If of two colors, mold as directed for Ribbon Jelly, or in any way fancied. Blanc-

manges may also be remolded in same way, and by placing with the jelly in mold, half and half, makes a pretty dish. To serve any dessert jelly wrap a cloth wrung out of water around the mold and turn out.



Apple Jelly.—Core and cut two dozen apples into quarters, boil with rind of a lemon until tender; drain off juice, strain it through jelly-bag, and to each pint add a half pint sugar and a half ounce gelatine, previously soaked and simmered gently in half pint water; boil all together slowly fifteen minutes and strain into molds. Turn out, when cold, and serve surrounded with whipped cream or custard.

Chocolate Jelly.—Two pints cream, three ounces sugar, four ounces chocolate, grated; boil all together, stirring well until fine and frothy, add three-fourths ounces gelatine, stir until thoroughly dissolved, turn into mold and let cool on ice.

Cider Jelly.—One package of gelatine, grated rind of one lemon and juice of three; add one pint cold water, and let stand one hour; then add two and one-half pounds loaf sugar, three pints boiling water, and one pint cider, put into molds and set in a cool place.

Corn-Starch Jelly.—Wet five tablespoons corn-starch, one cup sugar, and pinch of salt with cold water, and add one teaspoon lemon or vanilla extract for flavoring; stir the mixture into one quart boiling water and boil five minutes, stirring all the while; pour into cups previously dipped into cold water. This quantity will fill six or seven cups. If wished richer, milk may be used instead of water. Good for invalids

Fruit Jelly.—Soak a box of gelatine one hour in pint cold water when well soaked pour on a pint boiling water; then put in a quart of any kind of fruit, strawberries, raspberries or cherries are nice; add half cup sugar and one spoonful lemon juice; pour into a mold, and when cold eat with cream and sugar or whipped cream. It is delicious.

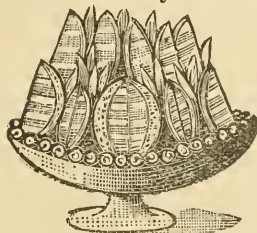


Jelly in Glass.

Lemon Jelly.—Soak half a box gelatine one hour in cold water; add nearly a pint boiling water, one and a half cups sugar, a little salt, and the grated rind and juice of three lemons through a flannel jelly bag; set on the stove till it boils, then strain it into glasses, and when cold serve with whipped cream heaped on top. For *Lemon*

Snow Jelly dissolve a box gelatine in nearly a quart boiling water, add the juice of five lemons and enough sugar to sweeten to taste; strain and set aside until nearly cool. Beat whites of five eggs and whip into the jelly; turn into a mold and let stand until cool. After it becomes solid, turn out and decorate with pieces of red jelly.

Orange Jelly.—Two quarts water, four ounces gelatine, nine oranges and three lemons, a pound sugar, whites of three eggs; soak gelatine in pint of water, boil the three pints water and sugar together, skim well, add dissolved gelatine, orange and lemon juice, and beaten whites; let come to a boil, skim carefully, boil until it jellies, and pour into mold. The eggs may be omitted, when the jelly must be strained. The grated rind of one orange put in with the juice gives a fine flavor, or some of the sugar may be rubbed on the rinds. A very attractive way of serving is to keep the orange rinds whole by removing juice and pulp with the handle of a teaspoon from a small opening in one end, drain and wipe them dry. Use the juice for the jelly, made as above without the eggs, and carefully strained; then color one-half of it pink with a few drops cochineal coloring, let stand until nearly cold, and fill the rinds with alternate stripes of the pink and white jellies. When perfectly cold cut into quarters and pile tastefully on a dish with tufts of green leaves interspersed. Calf's



Oranges Filled with Jelly.

Foot, or any variety of jelly, or different blanc-manges, may be used at choice to fill the rinds; the colors, however, should contrast as much as possible. For *Mock Oranges*, prepare as above (without eggs) but do not color the jelly with which they are to be filled, and when cold carefully cut in halves. Should be prepared the day before wanted. Serve as real fruit piled in glass dish with green leaves around. Another elegant dish is made by preserving the sections of two oranges whole, taking care not to break the thin inner skin surrounding them. Pour half the jelly in mold and let harden on ice, keeping remainder hot by standing in hot water. Then arrange the prepared sections of orange in a circle on jelly in mold, around the edge, then add just enough jelly to cover the orange sections, let it harden, put in remainder and set away to cool. If all of last half of jelly is poured over the sections they will rise to the top. When making in a hurry, instead of molding sections in jelly keep to garnish the dish.

Peach Jelly.—Add to the juice from a can of peaches a cup granulated sugar and boil until clear, skimming carefully; when no more scum rises, put in the peaches and let boil up once; then carefully take them out without breaking, and pour the hot syrup over a box gelatine that has soaked an hour in a cup cold water; add

juice of a lemon, cup each granulated sugar and boiling water and put all over the fire, stirring constantly until the gelatine is entirely dissolved; strain while hot; put the peaches in a mold, pour the jelly over, and set in a cold place for several hours before wanted.

Pie-plant Jelly.—Peel enough pie-plant to fill a quart mold, cut in half-inch lengths, and stew gently to a pulp with an equal weight of sugar; dissolve half an ounce gelatine in a gill of water over the fire; add it to the pie-plant when tender, and let it boil up; then pour in a mold wet with cold water, and let cool. Serve with whipped cream or powdered sugar.

Pig's Foot Jelly.—Take the liquor in which fresh pig's feet have been boiled, strain through a flannel bag and set away to cool until next day; then remove all grease from the top, return to the fire and add to each quart of jelly one-half pound white sugar, juice of two lemons or two dessertspoons lemon extract, a little cinnamon bark and the whites of two eggs (the latter to clarify it); boil all together ten or fifteen minutes and strain again into glasses, bowls, cups or molds of any shape. Let cool, after which cover closely and set in a cool place; it will keep a long time, is delicious eaten with cake, either with or without cream, according to taste, and is very strengthening and refreshing for invalids.

Pine-apple Jelly.—Take a small can pine-apple, a cup and a half sugar, package of gelatine, one lemon, white of an egg, and a quart water. Soak the gelatine in half a pint cold water for two hours and a half. Cut pine-apple into small pieces and put it with juice and remainder of water into a saucepan to simmer for ten minutes; beat white of egg well, and put it into a stewpan with the soaked gelatine, the sugar, and juice of lemon. At the end of ten minutes strain the pine-apple mixture into the stewpan. Heat slowly to boiling point, then set back where it will keep hot for twenty minutes without boiling. Strain and put away in molds to harden. It will take five or six hours for the liquid to become perfectly set.

Ribbon Jelly.—Color half the desired quantity of lemon or any light jelly with a few drops of cochineal coloring; pour in wet mold a little of the light jelly, and when set a layer of equal thickness of the red, and so alternate until mold is full, waiting until each layer has hardened before adding another, and keeping the jelly warm in hot water until all is used.

Tapioca Jelly.—One cup tapioca, three cups cold water, juice of one lemon and a pinch of the grated peel; sweeten to taste; soak the tapioca in water four hours; set in a saucepan boiling water; pour more lukewarm water over the tapioca, if it has absorbed too much of the liquid, and heat, stirring frequently. If too thick after it begins to clear, put in very little boiling water. When quite clear, put in the sugar



and lemon. Pour into molds. Eat cold with sweetened cream flavored to taste. For a nice jelly with fruit juice put a quarter of a pound tapioca over a gentle fire in sufficient water to reach two inches above it; use custard kettle in order that it may cook very slowly without danger of burning; it must be stirred thoroughly about every five minutes if an ordinary saucepan is used; if the water cooks away add half a cup cold water at a time, using only sufficient to keep tapioca moist enough to prevent burning; when only very small white particles are visible in the center of the grains of tapioca, instead of adding more water stir in a pint of any fruit juice, or the syrup from canned or preserved fruit, and let it be slowly absorbed by the tapioca. Unless the fruit juice is quite sweet enough, sugar may be added, to make the tapioca palatable; when it has absorbed the fruit, turn it out into a plain mold or bowl, and let stand until perfectly cold before using. Milk and powdered sugar may be served with it; or it may be iced and served alone.

Whipped Jelly.—This is a very pretty dessert dish and easily prepared. When any gelatine jelly is set a little, put in bowl and whip with egg-whisk until full of air-bubbles. Fill the mold, and put on ice. The light frothy appearance is very pleasing, and the addition of preserved fruits, well stirred in, about two cups to a quart jelly, forms a handsome dish.

Jelly with Fruit.—Fresh fruits are often molded with gelatine jellies for dessert and present a very handsome appearance, the fruit being arranged around sides of mold, or placed in center, or in any manner fancied. The cut given shows jelly molded with cherries. Have ready a pint and half jelly which must be very clear and very sweet, the raw fruit requiring additional sugar. Select nice, perfect fruit and pick off stalks. Begin by putting a little jelly at bottom of mold, placed in pan of ice in lumps; let stand until hard before putting in fruit, keeping remainder of jelly hot by placing in kettle of hot water. When the jelly is hard arrange the fruit around sides of mold, bearing in mind that it will be reversed when turned out. Then add a little more jelly to make the fruit adhere, and when that has hardened add another row of fruit and jelly in same way, and so on until mold is full. Strawberries, raspberries, grapes, cherries and currants are put in raw, but peaches, apricots, plums, apples, etc., are better for being first boiled in a little clear syrup. In winter, when fresh fruits are not obtainable, a very pretty jelly



Jelly Molded with Cherries.



Open Mold.



Strawberries.

may be made with preserved fruits. When served garnish with the same fruit as laid in the jelly; for instance an open jelly with strawberries may have a little of the same fruit filled in the center as illustrated. This is also a delicious way

of serving ice-cream, as the open mold can be filled with Strawberry Ice-cream, or any ice-cream, placed in the cave and then quickly turned out and the center filled with the berries.

A stem of fresh grapes apparently suspended in a deep mold of transparent jelly is also a beautiful ornament for the table. To secure this effect, place the grapes stem downward in mold, and to keep in position while pouring in jelly attach two threads as near top of stem as possible, bring around the mold and tie, having bunch exactly in center. Have jelly quite cold but not hardened, pour it in around grapes, filling up to top of mold and set away to cool. Before turning out of mold, clip the threads as closely as possible, and by using a sharp-pointed pair of scissors they may be clipped quite close to the stem. Or if jelly is cold enough the threads may be carefully removed when they are reached in pouring in, then fill to top. *Italian Jelly* is also very ornamental, and is made by half filling a mold with jelly and when hard arranging round sides of mold a circle of little cakes of blanc-mange, which must have been cooled in a sheet of the desired thickness and cut out for this purpose. Finish as directed above.

Jelly Sandwiches.—These are very nice for children's parties, and are an attractive addition to any table. The *Accommodating Cake* recipe, in which neither butter nor milk is used, is excellent for sandwiches: Beat six eggs *very* light, add a cup and a half sugar and beat again; then lightly stir in a cup and a half sifted flour. A teaspoon baking powder in the flour, and a tablespoon vinegar may be used, but neither are essential. Bake in deep round cans (the ordinary baking powder cans are a nice size for this purpose), well buttered, filling only a little more than half full to allow for rising. When done and cold turn out and cut in slices as thick as liked, spread with jelly, place two together, and neat little round sandwiches are made. The cake is also excellent baked in a loaf, and any loaf cake may be baked in the cans, the round slices being a novelty on any table. *Chocolate Cake* baked as above and made into sandwiches is a favorite with the little folks. The following is one of the best recipes: Put a half cup sweet milk, yolk of one egg and two and a half tablespoons grated chocolate over the fire until it comes to boiling point, then take off, let cool, sweeten to taste and beat it into the following cake mixture: One cup granulated sugar, half cup butter, two eggs, teaspoon baking powder, half cup sweet milk, two cups flour. This may also be baked in a loaf or makes a very elegant layer cake spread with white icing flavored with vanilla. Or make after this recipe: One cup each cream and sugar, two eggs, two teaspoons baking powder and flour to make good cake batter. Bake in the cans, slice and spread with jelly; or, if variety is wanted, bake in gem or patty pans and ice with the *Chocolate Caramel Icing* given in Icing.

MEATS

Every practical housekeeper should spare no pains to perfect herself in this, one of the most important (by many considered *the* most important,) departments of cooking. Complete directions for buying and curing meats will be found under the heads of Marketing and Curing Meats, so that here only instructions for cooking are given. If cooked when first killed, meat will be found tender; if kept a little time the muscles stiffen and it will be tough, but if left a longer time the muscles relax and the meat becomes more tender than at first. Young meat of all kinds should be cooked very thoroughly to be wholesome. Beef is always "hung," as it is termed, at least a week in all first-class markets before cut up, in the refrigerator in summer, and is kept sometimes two weeks in cold winter weather. The leg and haunch of mutton is also preferred by many after it has been hung three days or longer, but all other meats, save game, should be cooked as soon after being killed as possible. If necessary to keep meat several days in summer, wash over with vinegar, cover lightly with bran and hang in a high room or passage where there is a constant current of air. While hanging, change the position of the meat occasionally to distribute the juices evenly. Should there be any signs of a change before it is possible to use it, rubbing the meat over lightly with salt will preserve it a day or two longer. Meat is more likely to spoil in rainy weather than dry and should be cared for accordingly. Beef suet may be kept a long time in a cool place without freezing, or by burying it deep in the flour barrel so as to entirely exclude the air. To restore tainted meat, wash in water in which a little borax has been dissolved, cutting away all discolored portions.

The best manner of cooking tough meat is to boil it very slowly until tender, letting the water all boil away, then brown in kettle or oven. Tough steaks, etc., are improved by laying two hours on a dish containing three or four tablespoons each vinegar and salad oil, or butter, a little pepper, but no salt; turn every twenty minutes. The action of the oil and vinegar softens the fibers without extracting their juices. Some simply soak in vinegar and water, allowing three-fourths pint vinegar to three quarts water for a ten-pound piece, and let lie in this six hours, or longer if a larger piece. To thaw frozen meat, place in a warm room overnight, or lay it for a few hours in cold water—the latter plan being best. The ice which forms on the surface as it thaws is easily removed. If cooked before it is entirely thawed, it will be tough. Meat once frozen should not be allowed to thaw until just before cooking.

When ordering a rolled roast have the butcher send home the bones to be used in making soup, stock, gravies, etc. Chop or break them in small pieces and boil with onion, celery, turnip, carrot and parsley or any one or two of these. American housekeepers have yet much to learn from the French cook who throws nothing away. Instead of going to the butcher for meat out of which to make stock he utilizes bones as above, or employs the trimmings of joints for this purpose, and converts the skimmings from the soup pot or drippings from roast or boiled meats into uses for which butter and lard are pressed into service by most cooks. For directions as to the care and preparation of drippings etc., see recipe for Clarified Drippings.

Most people also have the idea that a finely flavored dish must cost a great deal; this is a mistake, for if one has untainted meat, or sound vegetables, or even Indian meal, to begin with, it can be made delicious with proper seasoning. One reason why French cooking is much nicer than any other is that it is seasoned with a great variety of herbs and spices; these cost very little, and if a few cents' worth were bought at a time one would soon have a good assortment. The mixed spices and herbs, now to be had in all large cities, are very nice for seasoning meats, gravies, etc., and save the trouble of preparing. Recipes for their preparation are given, however, for those who prefer to mix them at home. If all the seasonings—spices, herbs, etc.,—mentioned in recipes are not to be had, make the best use of those at hand by combining them judiciously.

But no matter how nicely cooked and seasoned, meat is often utterly spoiled in serving. It should always be neatly dished on hot platter and sent to table with *very hot* plates, heated in warming oven or in a pan over hot water. Especial attention to this point is necessary when serving mutton, as nothing is more unpleasant than a showing of cold mutton fat on a still colder plate. For very full directions for garnishing meats see Garnishes, though suggestions will be found with nearly every recipe. If one has not the articles recommended, others may be substituted, according to the fancy of the cook and the meat may of course be served without any garnish, yet its attractiveness adds much to the enjoyment of any dish.

Glazing adds greatly to the appearance of meat and full directions will be found under Glaze, in Gravies. Braising is a favorite method of cooking meats in France and Germany and several recipes are given. Complete general directions for the more common methods employed follow under appropriate heads. Very complete instructions for Carving Meats will also be found under that head later on, a careful study of which, with the many illustrations given, will enable anyone to become an accomplished carver.

Boiled Meats.—Boiling is the most economical way of cooking meats, when properly done, as there is comparatively little waste in boiling from the fact that fat melts less quickly than in broiling or roasting, and the covering of the pot retards evaporation, while the water absorbed by the meat adds to its bulk to a certain extent without detracting from its quality; the liquor in which it is boiled, or “stock,” makes excellent soups and gravies and should always be put by for this purpose. Every economical housekeeper will provide herself with a stock-pot, which should be kept in a cool place and all remains of soups, gravies, etc., emptied therein, save that from mutton or fish, which must be kept separate. Inattention to the temperature of the water and too early application of salt causes great waste in boiling meats. To make fresh meat rich and nutritious it should be placed in a kettle of *boiling* water (pure soft water is best), skimmed well as soon as it begins to boil again, and placed where it will boil *slowly* but constantly. There should be enough water to entirely cover the meat and to last until thoroughly cooked. The kettle should be large enough so that the meat will not touch the sides, and some place a plate in the bottom to prevent scorching. Care must be taken to remove all scum at the first boiling, and as fast as it rises, or it will quickly sink and spoil the appearance of the meat. The meat should be occasionally turned and kept well

under the water, and fresh boiling water supplied if it evaporates too much in boiling. Plunging in hot water hardens the fibrine on the outside, encasing and retaining the rich juices—and the whole theory of correct cooking, in a nut-shell, is to retain as much as possible of the nutriment of food. No salt should be added until about half an hour before the meat is done, as it extracts the juices of the meat if added too soon; do not fail to remove the scum that rises after salting. Boil gently, as rapid boiling hardens the fibrine and renders the meat hard, tasteless, and scarcely more nutritious than leather, without really hastening the process of cooking, every degree of heat beyond the boiling point being worse than wasted. There is a pithy saying: "The pot should only smile, not laugh." The bubbles should appear in one part of the surface of the water only, not all over it. This differs from "simmering," as in the latter there is merely a sizzling on the side of the pan. But the water must always be kept at boiling heat, or simmering, else it will soak into the meat and render it flat and insipid. Salt meat should be put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of meat. A pod of red pepper in the water will prevent the unpleasant odor of boiling meat from filling the house. Never pierce meat with a fork when taking up or turning, as this allows the rich juices to escape; tie a stout cord around the meat when put into kettle with which to lift it out. If meat seems tough, put a tablespoon or two of vinegar in the water before putting in meat. Dried and smoked meats should be soaked for some hours before putting into water. White meats, like mutton and poultry, are improved in appearance by boiling rice with them; or boiling closely tied in a coarse well-floured cotton cloth is better, and cooked in this way the meat will be very juicy. The cloth must be wrung out of scalding water and dredged inside thickly with flour. When the meat is wanted to slice cold it will be much improved if left to cool in the water in which it is cooked. When to be served hot take up as soon as done.

To boil meat *Au Court Bouillon* make a *Marinade* by cooking in a saucepan one large onion and two slices each carrot and turnip ten minutes in two tablespoons butter; then add four cloves, a bunch of sweet herbs, two or three stalks celery, half teaspoon each pepper and mustard, stick cinnamon and one quart cider, or pint each vinegar and water. Put meat in kettle, add marinade and water to cover and cook till tender, adding two tablespoons salt quarter of an hour before it is done. This is also nice for stewed beef or fish. Any flavoring not liked can be omitted in any marinade. The meat boiled for soup may be made into *Jellied Meat* by taking from the bones, chopping, and seasoning well with catsups and spices, moistening with a bowl of the liquor in which it was boiled (taken out for this before vegetables are put in) and put into molds; when cold turn

out and slice. If the liquor is not thick enough to jelly, boil down or add a little gelatine.

Broiled Meats.—Broiling is the most wholesome method of cooking meats, and is most acceptable to invalids. Tough steak is made more tender by pounding or hacking with a dull knife, but some of the juices are lost by the operation; cutting it across in small squares with a sharp knife on both sides, being careful not to cut quite through, is better than either. Tough meats are also improved by laying for two hours on a dish containing three or four tablespoons each of vinegar and salad oil (or butter), a little pepper, but no salt; turn every twenty minutes; the action of the oil and vinegar softens the fibers without extracting their juices. Trim off all superfluous fat, but never wash a freshly-cut steak. Never salt or pepper steaks or chops before or while cooking, but if very lean, dip in melted butter. Place the steak on a hot, well-greased gridiron and leave only long enough to sear one side so that the juices cannot escape, then turn and sear the other, and cook from five to twelve minutes, as wanted rare or well done, turning often, almost continually, to keep in the juices and prevent scorching; the time required for cooking depends also upon thickness of steak and kind of broiler used. Dish on a hot platter, season with salt and pepper and bits of butter, cover with a hot platter and serve at once. A small pair of tongs are best to turn steaks, as piercing with a fork frees the juices. If fat drips on the coals below, the blaze may be extinguished by sprinkling with salt, always withdrawing the gridiron to prevent the steak from acquiring a smoky flavor. Always have a brisk fire, whether cooking in a patent broiler directly over the fire, or on a gridiron over a bed of live coals. As the success of the broil depends upon the state of the fire, be sure that it is very hot, perfectly free from smoke and will last during the broiling, whether one or more steaks are to be cooked. If the fire is not very clear put a cover over the meat when using a gridiron, which will prevent its blackening or burning, and this is an especially good plan when the meat is thick, or when broiling birds or chickens, which are apt to be rare at the joints unless this is done. A charcoal fire is of course best for broiling. Broiling steak is the very last thing to be done in getting breakfast or dinner; every other dish should be ready for table, so that this may have the cook's undivided attention. A steel gridiron with slender bars is better than the ordinary iron one, as the broad, flat iron bars fry and scorch the meat, imparting a disagreeable flavor. A light wire broiler that can be kept in the hand and turned quickly



is the best, if one has not a patent broiler. In using the patent broilers, such as the American and the later and better Dover, care must be used to keep all doors and lids of stove or range closed during the process. The dampers which shut off the draft to chimney should be thrown open before beginning, to take the flames in that direction. Never take lid from broiler without first removing it from fire, as the smoke and flames rush out past the meat and smoke it.

Fried Meats.—Frying, proper, is immersing in enough hot fat to cover the article, and when the fat is hot, and properly managed, the food is quickly crisped at the surface and does not absorb the fat. The process of cooking in just enough fat to prevent sticking has not yet been named in English, but is called *Sauteing* in French and is popularly known as frying in this country; it is not nearly so nice nor healthful a method as *Frying by Immersion*, though very generally practiced everywhere. The secret of success in immersing is what the French call the "surprise." The fire must be hot enough to sear the surface and make it impervious to fat, and at the same time seal up the rich juices. As soon as meat is browned by this sudden application of heat, the pan may be moved to a cooler place on stove, that the process may be finished more slowly. This method of frying renders the meat more tender, and is a nice way of cooking tough steaks. For instructions as to preparing and heating fat, see Fritters. When improperly done, frying results in an unwholesome and greasy mess, unfit for food, but with care, plenty of fat (which may be used again and again), and the right degree of heat, nothing is easier than to produce a crisp, delicious and healthful dish. Steaks and chops, or cutlets, are very nice either single-breaded or dipped in batter, as Fritters, and fried. For complete directions for breading see Croquettes. Finely sifted bread-crumbs, cracker dust, granula, cerealine, Graham and corn meal are all used for breading meats. Be sure that the fat for frying is clean and fresh and free from salt, or the article fried will have a bad odor. Half lard and half beef drippings make a good frying mixture for either sauteing or immersing, though lard is largely used alone, and for those who cannot eat articles fried in lard, drippings or American cooking oil should be used. The latter is much superior to anything else for frying purposes, and the drippings from veal, lamb, beef and pork are better than lard, if carefully clarified according to directions hereafter given; but the mutton fat should be clarified and put away by itself and used only for frying mutton chops, etc., as many persons dislike the flavor. Fried meat should be sent to table the moment it is done, as the smallest delay tends to make the meat lose its crispness and become flabby.

Larding Meats.—This is a very nice way of preparing meat, game or poultry for roasting. Either fat bacon or fat salt pork may

be used, and is better for this purpose if cured without saltpeter, which reddens white meats. For larding small birds cut the bacon or pork into strips of same size one and a half inches long and a sixteenth of an inch thick; for chickens from an eighth to quarter of an inch thick, and for venison, beef and other meats two inches long and half an inch thick. These strips are called lardoons and are inserted in the surface of the meat with a larding needle as follows: With the point of larding needle make three distinct lines across half an inch apart; run needle into third line, at further side, and



bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving one-fourth inch of bacon exposed at each end; proceed thus to end of row; then make another line half an inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon all same length; make the next row again at the same distance, bringing the ends out between the lardoons of the first row or two, proceeding in this manner until the whole surface is larded in chequered rows as shown in cut. After inserting the needle work it around a little to enlarge the opening, and the lardoons will slip through easier. In warm weather it is well to place the lardoons in a bowl of ice to harden before using. Care must be taken not to have the strips too large for the needle or they will be pressed out as soon as the loose part of the needle touches the meat. Before *Larding Birds*, hold breast over clear fire for a minute, or dip it in boiling water, then proceed as above, using a smaller needle than for meats. Larding needles are not expensive costing only from ten to thirty cents, but if one is not at hand the larding can be very neatly done by making incisions with a pen-knife and pushing the lardoons through with the fingers, pinching the meat up with one hand while cutting and putting the lardoons in with the other. When preparing a roast in haste, strips of fat salt pork or bacon are often tied over meat or breasts of birds, instead of larding, and this is called "barding." The fat from the fowl itself may be used for this purpose instead of bacon. All white-fleshed birds are improved by larding, as well as veal and sweetbreads.

Molded Meat.—Chop fine a pound lean meat of any kind, and add to it a chopped onion, tablespoon fine bread-crumbs, teaspoon salt, saltspoon white pepper, cup gravy (made by boiling the bones or pieces left after cutting off the lean, then straining and seasoning). Stir all together and let stand half an hour. Butter a deep bowl, pudding dish or mold, press in the mixture and cover with a plate. Place in a pan of water and cool in moderate oven one hour. Turn out carefully and serve hot with any of the following sauces: For *Molded Mutton*, gravy with a dessertspoon of currant jelly; for *Beef*, gravy flavored with mushrooms or horse-radish sauce; for

Veal or *Fowl*, tomato sauce; for *Pork*, apple sauce, fresh onions or onion sauce. It can also be sliced cold.

Potted Meats.—If wanted to be kept for some time, the meat must be good and well dressed, but if to be used within a day or two any odds or ends will do; when cooked, all bone, skin and sinew must be removed, and the meat pounded in a mortar with clarified butter, cayenne, and spices to taste, until a smooth paste. Press the mixture into pots or jars of small size, until about two-thirds full. Pour a layer of clarified melted butter, or good drippings (beef is preferable to any other), or mutton suet, upon the top of the paste to the depth of an eighth of an inch, for the purpose of excluding the air. Always wait till the meat is cold before potting and press very firmly into the jars, not allowing a drop of gravy to get in, for it will turn the potted or preserved meat sour. Tie oilskin or oiled paper over the jars. The air must be excluded. Although these pastes are fit to eat almost immediately they will keep perfectly good for a year, and often a longer period. The most popular meats for potting are *Veal, Ham, Beef, Tongue, Game* and *Poultry*. *Fish* is done in the same way—such as *Anchovies, Prawns* and *Shrimps*. Potted foods of this description are intended as relishes for the breakfast, luncheon and supper-table chiefly, served in slices or spread on toast or bread. Any cold remains of meat may be potted, and in every well-regulated English house potting is an every-day affair for the cook. If ham, game, tongue, beef, or fish is served one day, it comes on potted next day at lunch or breakfast. This is a very good way of managing left-over food, instead of invariably making into hashes, stews, etc. *Clarified Butter* for potting, or any of the other purposes for which it is used, is prepared by placing the butter in a bowl and set in a saucepan of cold water, (or use a custard kettle), which should be heated slowly until butter melts and the scum forms; remove from fire, skim, and return to warm again gently, then let stand a moment or two to settle, strain and put over the potted meat, or bottle for future use. When taken off the pots as opened for table the butter may be used for common pie paste, basting meats and for fish sauce.

Roasted Meats.—Roasting proper is almost unknown in these days of stoves and ranges—baking, a much inferior process, having taken its place. In roasting, the joint is placed close to a brisk, open fire, on a spit or in a tin kitchen, turned so as to expose every part to the fire, and then moved back to finish in a more moderate heat. The roast should be basted frequently with the drippings, and, when half cooked, with salt and water. To roast in oven, the preparations are very simple. The fire must be bright and the oven hot. Trim off any torn or bruised portions from the roast, which will need no washing if it comes from a cleanly butcher; wiping with a towel dampened in cold water is all that is needed; if washing is necessary,

dash over quickly with cold water and wipe dry. Washing and soaking fresh meat draws out its juices and impairs its nutriment. A large piece is best for roasting, this being especially true of beef. If meat has been kept a little too long, wash in vinegar, wipe dry, and dust with a *very little* flour to absorb the moisture. Place in pan, on a trivet, or two or three clean bits of hard wood or bones laid cross-wise of pan, to keep it out of the fat. If meat is very lean, add a tablespoon or two of water; if fat, the juices of the meat will be sufficient, and the addition of the water renders it juiceless and tasteless. The oven should be very hot when the meat is put in that the surface may be quickly seared or browned over and the juices confined. Keep the fire hot and bright, baste every ten or fifteen minutes, and when about half done season well with salt and turn the roast, also seasoning the turned side, always keeping the thick part of the meat in the hottest part of the oven. Take care that every part of the roast, including the fat of the tenderloin, is cooked so that the texture is changed. If the fire has been properly made, and the roast is not large, it should not require replenishing, but, if necessary, add a little fuel at a time, so as not to check the fire, instead of waiting until a great deal must be added to keep up the bright heat. Most persons like roast beef and mutton underdone, and less time is required to cook them than for pork and veal or lamb, which must be very well done. Fifteen minutes to the pound and fifteen minutes longer is the rule for beef and mutton, and twenty minutes to the pound and twenty minutes longer for pork, veal and lamb. The directions for beef apply equally well to pork, veal, mutton and lamb. Underdone meat is cooked throughout so that the bright red juices follow the knife of the carver; if it is a livid purple it is raw, and unfit for food. When done, the roast should be a rich brown, and the bottom of the pan covered with a thick glaze. Remove the joint, and those who do not salt before or while roasting now sift *evenly* over with fine salt, and it is ready to serve. Never salt before cooking, as it draws out the juices. To keep the roast hot while making the gravy place it in a pan or on an old platter in the oven. To prepare gravy, pour off the fat gently, holding pan steadily, so as not to lose the gravy which underlies it; put pan on stove, and pour into it a half cup boiling water, varying the quantity with the size of the roast; soup or thin stock of any kind is better than water if at hand; add a little salt, stir with a spoon until the particles adhering to sides of pan are removed and dissolved, making a rich brown gravy; if necessary add a thickening of a little flour, mixed smooth with water, though if a nice, juicy roast, the gravy is much better without. Some first stir the flour into the drippings, then pour in boiling water.

In roasting all meats, success depends upon basting frequently by dipping the gravy from the pan over the meat with a large spoon, turning often so as to prevent burning, and carefully regulating heat

of oven. Roasts prepared with dressing require more time than those without. In roasting meats if necessary to add water do not put it in until the meat has been in the oven about half an hour, or until it begins to brown, and then only a very little, a half cup or so, of *hot* water. The appearance of a roast is very much improved by dredging with flour after each basting, commencing about half an hour before the meat is done. Do this with the flour after dredging evenly all over, first seasoning with salt. When the flour has become thoroughly browned, which will be in about ten minutes, baste and dredge again; continue thus until done, then season with pepper and the meat will be sent to table covered with a handsome brown crust. Do not baste after the last dredging, and never baste after dredging until the flour has become thoroughly browned. If wanted nicely frothed, baste with butter the last time, then dredge with flour.

Although we consider the above much the better method of roasting meat, some prefer to omit the dredging entirely, and others begin to dredge with the first basting. Some good cooks first cover the bottom of pan rather lightly with flour, then put meat on trivet in pan and place in oven until the flour is browned; sufficient water is then added to cover bottom of pan, the oven is closed for about ten minutes, when the meat is basted with the liquid in pan and dredged with salt, pepper and flour; this is repeated every fifteen minutes until roast is done. The claim is made that though the steam from the water and the salting of the meat both have a tendency to draw out the juices, by beginning thus early to dredge with flour a paste is formed over the meat which keeps in the juices and also enriches the roast. Whichever method is followed, be sure that the oven is hot when the meat is put in and the heat kept steady throughout. The meat-rack or trivet is a necessity no housekeeper should attempt to do without, and its cost is small. It keeps the meat from the bottom of pan and prevents scorching, or the soaking out of the juices when water is used. An excellent marinade for basting roast meats is made by chopping some fat bacon with a clove of garlic and sprig of parsley, adding salt, pepper, tablespoon vinegar, and four of oil; beat up well, and baste the meat with it while roasting. The variation in roasted meats consists simply in the method of preparing before putting in the oven. Some are to be larded, some stuffed with bread dressing, and others plain, as above, only seasoning with pepper and salt. To prepare a *Pot-roast*, which is a favorite method of cooking meats with many, place the meat, neatly trimmed if a thick piece, or rolled and skewered if thin, in a hot stewpan or round-bottomed kettle, in which there is a little fat or butter if needed and turn to quickly brown or sear over on all sides to confine the juices. Then turn in a little hot water, cover closely (a seasoning of herbs or spice may be added as liked), and simmer gently until done. The time required depends upon size

and quality of roast, a four-pound piece from shoulder of beef requiring about three hours. Care should be taken that the meat does not scorch or burn to bottom of kettle, though only just sufficient water to prevent this should be kept in kettle, adding a little as it cooks away. Turn the meat occasionally to brown and cook all sides alike, and toward the last it should fry gently in its drippings. Observe the same rule for seasoning with salt and pepper as given for other roasts. The cheaper cuts of meat are usually cooked in this way, though some think almost any piece juicier and richer when properly done. Pot-roasts are sometimes larded, when meat is very lean. A rich gravy may be made from drippings in kettle.

Steamed Meats.—This is by far the nicest and most economical way of cooking meats; place in steamer over hot water and cook till tender; put in pan, with any herbs or spices, if wished, season with salt and brown in oven by basting and dredging with flour as in Roasted Meats. In a hot oven it will brown nicely in twenty or thirty minutes.

Stewed Meats.—The inferior parts of meat are generally used for stews, which if properly prepared are very palatable. If made from fresh meat, it should be immersed in boiling water at first, and then placed where it will simmer slowly until done, as in Boiled Meats, skimming well; when done, season, add thickening, and flavor to taste. Sliced potatoes and any vegetables liked are cooked in stews, and some first fry both meat and vegetables a few minutes, or until brown, before pouring over the water in which they are to be cooked, and which should be only just enough to cook the meat and leave sufficient for gravy. A simple stew of meat, well seasoned, with dumplings dropped in just before done, is relished by nearly every one, and dumplings are often added when vegetables are used. Thin pieces of meat may be spread with a dressing, rolled and tied, then stewed with any additions of flavoring, vegetables etc., preferred. Trimmings from roasts and other meats, cut into pieces of same size, may be made into stews, and any cold meat may be thus utilized. Stews should cook very slowly after the boiling point is reached.

Boiled Beef.—Select a good rib piece, or thick piece from the round or rump, as a simple cut would be too thin; the flank, plate and brisket, though all good boiling pieces, are too thin to boil to advantage without rolling, but are very easily rolled and kept in place with twine or skewers. Wipe the meat with a damp cloth and put on to boil as directed in Boiled Meats. Allow twenty minutes to each pound for boiling, and when just done, add seasoning of salt and serve with any salad preferred, or *Horse-radish Sauce*, made as follows: Take equal proportions of horse-radish and boiled apples, grate together with good vinegar and a little sugar and rub with a

wooden spoon until mixture is smooth. Garnish with tufts of scraped horse-radish, boiled vegetables or parsley. If meat seems tough add a tablespoon or two vinegar when put on to boil. For a *Pot-au-feu* put six pounds beef in pot containing four quarts water, set on back of stove, skim, and when nearly boiling add teaspoon and a half salt, half pound liver, two carrots, four turnips, one head celery, two onions (one of them browned), with a clove stuck in each, and a piece of parsnip. Skim again, and simmer four or five hours, adding a little cold water now and then; skim off part of fat, put slices of bread in a soup-tureen, dish half the vegetables over them, and pour in the broth; serve the meat separately with the other half of the vegetables.

Bouilli Beef.—Procure a piece of rump weighing from twelve to thirteen pounds and have the butcher remove bone; put an onion in cavity, rub meat all over with mixed spices and let stand two days to become tender. Remove the onion when put to boil. Boil slowly three or four hours, skimming carefully; add six or eight cloves two blades mace and a few celery tops to water in which it is to be boiled, and about two hours before done put in two carrots, thinly sliced, an onion and some allspice and whole peppers. For the gravy, thicken a pint of the meat liquor with browned flour, add a few capers and a tablespoon catsup, pour over beef and serve.

Pressed Beef.—Roll and tie a piece of corned brisket of beef in a cloth and simmer gently in plenty of water four or five hours; when done remove the string, tie the cloth at each end, put upon a dish with another dish over, upon which place a heavy weight, leaving it until quite cold, then take the meat from the cloth, trim and glaze it lightly, and serve garnished with a few sprigs of fresh parsley. Or take any fresh, lean beef and boil closely covered till it will fall from the bones; use only enough water to prevent burning; mix and chop fine; put it in a pan or deep dish; skim excess of grease from the cooking liquor and add to each three or four pounds of meat a tablespoon gelatine, dissolved; put it on a large platter or tin that will fit the dish, and place on this a twelve to twenty pound weight; when cold it will be a solid mass from which slices may be cut; will keep several days, even in warm weather, if kept cool.

Roast Beef.—The fillet or tenderloin is, of course, the choicest roast, but so expensive that it is served only at very elegant dinners or banquets; next comes the sirloin roast, then the rib, round, rump, and shoulder or chuck roasts. In choosing a rib roast some prefer the first second and third ribs, called the fore-rib roast, while others order the third, fourth and fifth, which contain more meat and are without doubt most economical. There are twelve ribs of which the last five are classed with chuck roasts. A two-rib roast is sufficient

for a half-dozen persons, and no less should be roasted for a smaller number, as a one-rib roast wastes and dries up greatly in cooking. Prepare and cook as directed in Roasted Meats, or in any of the recipes that follow. When ordering a rib roast have the bones removed and the roast rolled and skewered or tied in compact form. When served take out wooden skewer and replace with a silver one. If one has not a meat rack or trivet, the bones may be ordered sent home with the roast and placed under it when put in pan. Some prefer to cover the roast with a coarse flour and water paste, which should be taken off to baste and brown the meat before serving. For a nice *Rump Roast* take three pounds of rump, trim nicely, and cut off all fat. Chop all sorts of sweet herbs together, very fine, with a little shallot and a great deal of spice, put in saucer that has been rubbed with garlic, and cover with vinegar. Cut fat bacon into long slips, dip it into the herbs and vinegar, and let the herbs be very thick upon the bacon; lard the beef regularly with these on both sides, if necessary, in order that it should be thoroughly flavored. Rub the beef over with the remainder of the herbs and spice, flour it, add piece of butter, size of walnut, rolled in flour, and pint water. Bake in oven, strain the gravy, which will scarcely require either thickening or browning, and serve with pickles on top. Excellent when cold, but should be served hot at first. The gravy may be boiled to a glaze if liked. For a *German Roast* procure a rib-piece or loin-roast of seven to eight pounds. Beat it thoroughly all over, lay it in the baking pan and baste with melted butter. Put it inside the well-heated oven, and baste frequently with its own fat, which will make it brown and tender. If, when it is cooking fast, the gravy is growing too brown, turn a glass of German cooking wine into the bottom of the pan, and repeat this as often as the gravy cooks away. The roast needs about two hours time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and also turn the gravy upon it, after skimming off all fat. Or choose four pounds rib beef, take out bones, put in pan with some beef broth and cook until all broth is absorbed. Then take some parsley, garlic and twenty mushrooms chopped fine, a good piece of butter, pepper, salt, mix well and spread the beef with it, cover with buttered paper and bake in a quick oven till well cooked on all sides. For *French Roast Beef*, leave the meat two days in winter and eighteen hours in summer in a preparation of four tablespoons sweet oil, seasoning of salt and pepper, two tablespoons chopped parsley, four sliced onions, two bay leaves and juice of half a lemon; put half on meat and half under it; this improves the meat and makes it more tender. Place the meat on the spit or in pan for roasting, and baste with these seasonings or with melted butter. The oven should be quick and as soon as a coating or crust forms, the fire can be slackened a little to prevent burning. Baste well and often, and serve underdone and juicy.

Some like a *Bed of Vegetables* for roast beef, which is prepared by placing in pan some scraps of salt-pork, a tablespoon each sliced carrots, and turnips, teaspoon each sliced onions and pepper-corns, half a dozen whole cloves, half a bay leaf and a little parsley; or use only the pork with a part of the vegetables, etc. Add a very little water, unless a great deal of pork is used. When done, pour away nearly all the drippings, leaving about two tablespoons, which rub through a fine sieve with the vegetables, using a potato-masher, and return pulp to pan, or put in saucepan, add one tablespoon flour, stir till brown and then slowly add one pint water. A *Round Roast* of beef is nice with the bone removed and the cavity filled with force-meat. A nice way to prepare a thin piece of flank or low priced steak, is to make a dressing of bread-crumbs as for roast turkey or chicken, spread over the meat, and beginning at one end roll up tightly, bind with twine and roast as directed. Very nice sliced off thin for luncheon or tea. A good *Mustard Sauce* to serve with roast beef is made by thoroughly mixing one tablespoon vinegar, two of dry mustard, a teaspoon each flour, salt and sugar, beaten yolks of two eggs, and a cup water. Dissolve two tablespoons butter on the fire, add to the above mixture and stir till it boils. If too stiff, add water or vinegar, as it must pour out like cream. Thinly-sliced pickles, or a teaspoon tarragon vinegar improve the sauce.

Beef Loaf.—Take two pounds of the round, rind of half a lemon, three sprigs parsley, teaspoon salt, quarter teaspoon pepper, quarter of a nutmeg, two tablespoons melted butter, one raw egg, half a teaspoon onion juice, and mustard if liked. Chop meat, parsley and lemon rind *very* fine. Add other ingredients and mix thoroughly; shape into a roll about three inches in diameter and six in length; roll in buttered paper and bake thirty minutes, baste, mix with butter and water. When cooked place on hot dish, gently unroll from paper, and serve with tomato or mushroom sauce poured over. Or it may be packed in pudding dish and turned out to serve whole, slicing at table.

Beef Stew.—Procure two pounds rump steak, and make deep incisions in it, but do not cut quite through; fill them with a mixture of bread crumbs, a minced onion, a little cream or butter and pepper and salt. Roll up the steak and put it in a stew-pan with plenty of butter or fat; let it stew very gently for more than two hours; then serve with its own gravy, thickened with a little flour, and flavored with tomato sauce, catsup, or anything liked. *Stewed Beef with Tomatoes* is relished by many. First, scald the tomatoes, skin and quarter and sprinkle with salt and pepper, then bury the meat in a stew pan with tomatoes, and add bits of butter rolled in flour, a little sugar, and an onion minced fine; cook until meat is

done and tomatoes dissolved to a pulp. For an *Arabian Stew* take the tender part of the round of beef, lard with raisins, spice well with ground cloves and allspice and put over the fire with only a little water to prevent burning; add pepper and salt and plenty of raisins through the gravy or sauce. Any bits of beef trimmed from roasts or steaks, or cold meat left over, may be cut into slices or pieces of uniform size and made into stews. Thin pieces of beef may be seasoned, then rolled and tied, first spreading with a dressing if liked. The other ingredients composing the stew may be varied at pleasure, also the seasonings. When no vegetables are used the gravy should be thickened with a little flour and flavored with spices, lemon juice and grated rind, catsup or any sharp sauce, and served poured over the beef. Chopped mushrooms are very nice in a stew and scraped or grated horse-radish is often served as a garnish. An excellent *Powder for Stews* is composed of one-fourth ounce each thyme and bay leaf, one-eighth ounce each marjoram and rosemary; dry, pound and bottle, and use according to taste. A dainty little stew is called *Beef Collops*; for this have rump steak cut thin and divide into pieces about three inches long; hack with a knife and dredge with flour. Fry about three minutes in a little butter, then put in a stewpan and pour the gravy over. Add a finely chopped shallot or small onion, teaspoon capers, little walnut catsup, a piece of butter with a little flour rubbed in, and salt and pepper to taste. Simmer, not boil, ten minutes and serve in hot covered dish.

Beef a la Mode.—Fill the opening made by removing the bone with a bread stuffing, tie in shape, rub the meat well with chopped sweet herbs, stick in some cloves and boil until tender, allowing fifteen minutes to each pound; then season with pepper and salt, thicken the gravy with flour, add cup butter and chopped onions and cover pan again until meat is brown; add a scraped carrot, boiled with a little chopped parsley and some tomato catsup. If the gravy is too thin add a little more flour and serve poured over the meat. Or make a force-meat by mixing together in frying-pan over fire two tablespoons butter, one of chopped onion, one level teaspoon each ground thyme, marjoram and savory, teaspoon salt, quarter saltspoon pepper, and a pint broken stale bread moistened with cold water; when force-meat is hot fill the place of bone with it, or if the meat had no bone, make a large cut and fill with the force-meat; lay small pieces of clean cloth over the force-meat on both sides, put the meat into compact shape, and tie firmly, arranging the string to keep the cloth in place over the force-meat. Turn a small plate bottom up in a deep pot or saucepan, lay the meat on it, and half cover with cold water; add an onion peeled and stuck with cloves, and a level teaspoon each salt and any good table-sauce or vinegar, or a glass of cooking wine; set over the fire, and simmer slowly four hours; then put meat in a dripping-pan, remove the

string, add the gravy, dust thickly with flour, and brown quickly in very hot oven. Serve on platter with a little gravy poured over and the rest in a bowl; serve with a dish of hot boiled or baked potatoes. The meat is sometimes first browned by putting over the fire with slices of pork and turning to brown all sides, sprinkling in a tablespoon flour and turning to brown in that also. The pot or skillet in which the meat is cooked should be kept closely covered. Sliced onions, carrots, turnips and parsnips are often cooked with it, first cut into dice and fried, then meat put in, well dredged with flour, and browned before adding water and spices in which it is cooked. The meat is sometimes simply scored and the incisions filled with a bread stuffing, and some prefer steaming or baking to boiling. Or the meat may be half roasted after lying in either pickle given, then larded with mushrooms, and returned to oven to finish, basting often. For a more economical dish cut three pounds from shoulder into small pieces and roll in flour; put two tablespoons drippings into stewpan with one thinly sliced onion; when hot put in the beef and stir well; as soon as browned add by degrees two quarts boiling water, (stirring all the time), a dozen allspice, two bay leaves, half teaspoon pepper-corns and salt; cover closely and stew very gently till meat is tender, about three hours; remove spice before serving. A *Larded Fillet of Beef* is a dish served at almost any dinner party, and an excellent and most satisfactory one if properly prepared, but it is nothing if not neat, uniform, precise and workmanlike in appearance. Procure the fillet or tenderloin of beef with the fat on it, that is with the coating of suet that covers the upper side, and shave that down until the covering of fat is about as thick as beefsteak all over. Then raise the edge of the fat at one side, skinning the fillet, and lay the sheet of fat over on the other side without cutting off. This is to have it attached ready to cover the fillet again after larding. Draw point of a sharp knife across and across the skin inside the fat, to score it so that it will not draw up in cooking; trim off the thin end of the fillet and round off the thick end. Commence at the thick end with the larding and lard as directed in Larding meats, using lardoons an inch and a half long and about as thick as a common pencil; then cover with the sheet of fat. Heat a long and narrow baking pan with a tablespoon salt and cup drippings in it; chop into small pieces a few beef or veal bones, and cover the bottom of pan with them; add three slices bacon, two carrots, two onions and one turnip, sliced, with a pint stock. Season with salt, bruised whole peppers, a bay leaf, a few cloves, and a blade of mace. Place the fillet in the pan with the larded side up and moisten with four tablespoons vinegar. Have the oven hot, put in fillet and roast it with the fat, covering it half an hour; then take off fat, baste the fillet with the contents of pan



Larded Fillet of Beef.

and let cook fifteen minutes longer, by which time the surface should be brown, and strips of larding brown too, without being burnt at the ends, Unless especially ordered otherwise, the thick part of fillet should cut slightly rare in middle, while the thinner portion is well done. Serve with Brown Gravy or mushroom, Hollandaise or tomato sauce, and garnish with potato balls, mushrooms, stuffed tomatoes, sliced vegetables in fancy shapes, or onions boiled and glazed.

(the average weight from a very large rump), will suffice for ten persons at a dinner where served as one course; and if a larger quantity is wanted a great saving will be made if two small fillets are used. They cost about two dollars each, while a large one, weighing the same, would cost five dollars. *Fillet of Beef in Jelly* is another elegant dish. For this procure a small fillet, trim and cut a deep incision in the side, being careful not to go through to the other side or the ends. Fill this with one cup veal, prepared as for force-meat, and whites of three hard-boiled eggs, cut into rings. Sew up the openings, and bind the fillet into good shape with broad bands of cotton cloth. Put in a deep stewpan two slices each ham and pork, and place the fillet on them; then put in two calf's feet, two stalks celery and two quarts clear stock; simmer gently two hours and a half; take up the fillet and set away to cool; strain the stock, and set away to harden; when hard, scrape off every particle of fat, and put on the fire in a clean saucepan, with half a slice of onion and whites of two eggs, beaten with four tablespoons cold water. When this boils season well with salt and set back where it will just simmer for half an hour, then strain through a napkin. Pour a little of the jelly into a two-quart charlotte-russe mold (half an inch deep), and set on ice to harden; as soon as hard, decorate with egg rings; add about three spoonfuls of the liquid jelly, to set the eggs; when hard, add enough jelly to cover the eggs, and when this is also hard, trim the ends of the fillet, and draw out the thread; place in center of mold, and cover with remainder of jelly. If the fillet floats, place a slight weight on it and set in ice chest to harden. When ready to serve, place the mold in a pan of warm water for half a minute, and then turn out the fillet gently upon a dish. Put here and there a sprig of parsley and garnish with a circle of egg rings, each of which has a stoned olive in the center. The olives may be opened very carefully, the stones removed, and the cavities thus made filled in with pounded anchovy. These *Stuffed Olives* are also served as "appetizers," and are eaten with a little oil, either at the beginning of the meal or with the cheese. Olives are served occasionally, when quite sweet, and as imported, with a little of the liquor in which they are preserved, at dessert, and are also often sent to table without removing the stones.

Broiled Beefsteak.—The tenderloin, porterhouse and sirloin steaks are choicest and most expensive, but the flank steak is considered a rare bit, and the round and rump steaks are more nutritious and better flavored. Have the steak cut about three-fourths of an inch thick; trim off tough outer skin, gristle and bits of suet, which will melt and drip into the fire and smoke the meat, but never wash a freshly cut steak, wiping with a damp cloth instead, if necessary. If sure that steak will be tender, do not pound or chop it; if a little tough some pound just enough to break the fiber, but it is better to hack with a sharp knife each way, not cutting quite through. When thus prepared care must be taken in placing the steak to broil to gather it up in compact shape or it will not look well when served. Never salt or pepper steak before broiling, for reasons heretofore given, but if very lean dip into melted butter. For complete directions as to broiling see Broiled Meats. Inexperienced cooks will need to try the steak to know when it is done; make a small clean cut in center with sharp knife and if the inside is purple and raw looking it must be cooked longer, but if a bright red just verging on brown, with nicely browned edges, it is done. Only the mere outside should be browned for a well-broiled steak, which should be cooked in from seven to twelve minutes, as wanted rare or well done. Some like steak cut from an inch to an inch and a half thick, which will require longer cooking. Instead of seasoning by sprinkling with pepper and salt and putting bits of butter over the steak, have the butter placed on hot platter on which it is to be served, with a liberal sprinkling of pepper and salt; take the steak up quickly on this and press a little, then turn and press again, and it will be found nicely seasoned, and much more evenly than in the old way. Send to table immediately as hot as possible, for nothing is more tame and unsatisfactory than a cold, clammy steak. If it *must* stand while more is broiled set over a kettle of hot water, in the hot closet, or open oven, aiming to keep hot and confine the steam and juices without placing where it will cook more. Broiled steak may be garnished with fried sliced potatoes, or browned potato balls the size of a marble, piled at each end of platter, with scraped horse-radish or slices of cucumber or lemon or sprigs of parsley. Mushroom, oyster, tomato, brown onion, drawn butter and other sauces are frequent accompaniments to steak, but true lovers of this dish, when properly prepared, generally reject all additions but pepper and salt, though some like steaks dished on a little catsup or minced onion. A bit of onion rubbed over the platter before taking up the steak, gives a delicate flavor that is delicious, without any of the offensiveness the onion taste imparts, if used more largely. Some dredge round or rump steaks on turning them the last time with a mixture of four tablespoons sifted biscuit or rusk crumbs, one tablespoon salt, one teaspoon pepper, a saltspoon of either onion-powder, mushroom-powder or finely pulverized celery salt, and dish with a little mushroom catsup and small piece of butter.

Fried Beefsteak.—Heat frying-pan very hot, put in steak prepared as for broiling but cut rather thinner, brown or gray on both sides as quickly as possible to keep in the juice, then cook until done, turning several times; remove to a hot platter, season with salt and pepper and bits of butter, pile up, cover with a hot platter. Or for *Fried Beefsteak with Oysters*, put those from which all bits of shell have been carefully removed, over the cooked steak with pieces of butter on top and set in hot oven until the edges of oysters begin to curl, then serve. A little water may be added to liquor from oysters, with a thickening of corn-starch, and seasoning to taste, making a sauce which may be served in spoonfuls over the steak and oysters. Or put a pint oysters to drain in colander, turning cup water over them; put all liquor that drains off on to heat, and when it boils, skim and set back. Fry the steak as above, then take up and stir tablespoon flour into the fat in pan until dark brown; add the oyster liquor, boil one minute, season with salt and pepper, put the steak in, cover and simmer ten or fifteen minutes; then add the oysters and tablespoon lemon juice, boil one minute and serve on hot dish with oysters and steak, the gravy poured round, and a garnish of croutons. Some like white onions, sliced and fried a golden brown in deep, hot fat, laid over steak. Broiled steak may be served same.

Hamburg Steak.—Cut two pounds round or rump steak into small pieces and pass through a chopping machine, or have butcher chop very fine, or the meat may be scraped off the fibres with a heavy tin or iron spoon. Pepper and salt the meat to taste, mix in two tablespoons melted butter, drippings or lard (butter is preferable) form into steaks and fry in a little hot butter or drippings, being careful not to cook too much. Any kind of meat can be used for this steak if one has a machine to pass it through. A few slices of onion may be put into the hot butter and fried with the steak, as they remove the taste of the fat, and yet do not leave their own flavor; take out the onion before serving. For a *Hamburg Roll*, chop round steak fine, season well and shape into a roll; put in a frying-pan a tablespoon or more of butter to each pound meat, when hot place the meat in it, cover and cook until as well done as liked. Take out meat and make brown gravy by stirring into drippings in pan a thickening of flour and water and served poured over the meat.

Hidden Steaks.—Have two slices of beef, each half an inch thick, cut from round. Take two or more porterhouse steaks, from one and a half to two inches thick; remove bones from each, taking care not to separate tenderloin from upper part of steak. Butter, salt and pepper the steaks on each side; spread over one slice of the round, half a can of mushrooms; place porterhouse steaks on the mushrooms, then distribute the rest of the mushrooms over the steaks, covering them with the other slice of beef from the round. Bring the edges of the two slices together and sew. Rub vinegar and salt over the outside of each slice, which will harden them and

not only prevent their juices from dropping into the fire when being cooked, but force them into the enclosed steaks. Place the meat then on a double wire broiler and cook for from ten to fifteen minutes over a bed of hot coals, turning the broiler every minute or two. The outside of the slices from the round will be done to a crisp. Before serving, draw the thread binding them together, and lift carefully off the upper slice, placing it with the crisp side down on a platter. Remove the steaks to a hot dish and spread over them all of the mushrooms. Scrape with a spoon the inside of each slice of the round, obtaining a quantity of rich juice, which pour over the steaks. If a gravy is desired, turn this juice into a saucepan, add a portion of the mushrooms, a piece of butter the size of an egg and a gill beef stock; when it boils pour it over the steak.

Oyster Steaks.—Cut beefsteak into pieces two inches square, or about the size of large oysters, single-bread them and fry a nice brown by immersing in hot lard as Croquettes. *Pork, Veal* and *Mutton* may be fried same way. Or they may be dipped in a batter and fried as above.

Beefsteak Pie.—Cut three pounds rump steak into pieces about three inches long and two wide, allowing a *small* piece of fat to each piece of lean, and arrange the meat in layers in a pudding dish. Between each layer sprinkle a seasoning of salt, pepper, and when liked, a small pinch cayenne or some chopped parsley. Fill the dish with sufficient meat to support the crust, and to give it a nice raised appearance when baked. Pour in enough water to half fill the dish, and border it with paste (see pastry); brush it over with a little water and put on the cover; slightly press in edges with thumb, and trim off close to dish. Ornament pie with leaves, or pieces of paste cut in any shape that fancy may direct, brush it over with the Roll Glaze, cut a hole in top of crust, and bake in a hot oven for about an hour and a half. Or first prepare seasoning of three parts salt and one part black pepper, with just a dash of ground nutmeg, and season with it enough thin slices of nice tender steak to fill the dish, which must be lined with paste; sprinkle slices with chopped parsley and roll up, passing a small wooden skewer or wooden toothpick through each to hold in place. When dish is full add enough water to make a good gravy and lay on top slices of hard boiled eggs, cover with the crust, wash over with beaten eggs and bake in moderate oven. Should be done when it has baked twenty minutes. For another nice pie take slices of beef cut very thin and a few thicker pieces out of a loin of pork. Spread slices of beef with potatoes, chopped onion and fine herbs; roll up and tie with thread. Pack the meat into dish with parsley between each layer; pour a little gravy over the whole, season liberally and bake under a light crust. Beefsteak pies may be flavored with oysters, mushrooms, minced onions, etc., and the crust may be made of suet instead of lard or

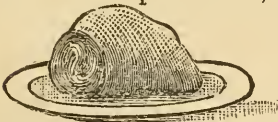
Stuffed Brisket of Beef.—Wash a brisket of corned beef in cold water, cut out bone, spread a bread and onion dressing over it, roll it up and tie securely, then roll the beef in a cloth, tie the ends of the cloth, and again a few inches from each end. Put it into enough boiling water to cover and boil gently four hours. Unroll it, take off strings, wet the cloth in cold water, and roll it again around the beef; put the roll between two platters, set a heavy weight on the upper one, and press the meat until it is cold. After the meat is pressed and cold, the cloth may be removed, and the meat sliced and served. This makes a nice dish for luncheon, or for school dinners for children.



Stuffed Briskets of Beef.

Potato Pot.—Slice a quarter pound bacon, cut two pounds freshened corned beef in small pieces and put over the fire in frying-pan to brown with two sliced onions. Peel and quarter a dozen potatoes and when meat and onions are brown put them in deep baking dish, in layers with the potatoes. Make a pint gravy by adding boiling water and seasonings to the drippings in frying-pan, thicken with two teaspoons flour dissolved in a little cold water; pour the gravy over the meat and potatoes, and put them in quick oven to bake. They will be done in about an hour, and should be served hot; if sent to table in the same dish in which it is baked, a clean dish must be placed under it.

Baked Heart.—Take the heart of a beef, sheep or veal, wash thoroughly, and some soak in warm water or vinegar and water from two to four hours to remove all blood; make the two cells into one by cutting through the partition with a long, sharp knife, being careful not to cut through to the outside; fill the cavity with a stuffing of bread-crumbs, or veal or other highly seasoned force-meat; cover with greased paper or cloth to secure stuffing, and bake in a deep pan with a few slices salt pork and plenty of water, in a moderate oven for two hours or longer, basting and turning often, as the upper part particularly is apt to get dry; dredge with flour and baste as in Roasted Meats the last half hour. While this is roasting, put the valves of the heart, or "deaf ears," which must be cut off after washing, into a saucepan with a pint of cold water and a sliced onion. Let simmer slowly one hour; melt in saucepan tablespoon butter, add a tablespoon flour, then the strained liquor from valves, and serve as gravy. Garnish with baked onions and red currant jelly. Some parboil the heart before stuffing, which makes it more tender, and it may be simply stuffed with sage and onion. If to be served cold, soak

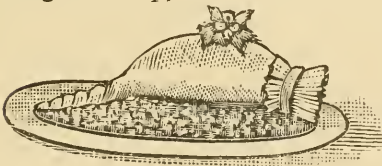


a beef's heart overnight in weak brine and boil three hours before stuffing, then put in oven twenty minutes, or just long enough to cook the dressing. Serve cold, cut in thin slices. Sheep's and

Fried Liver.—Cut liver in thin slices, pour boiling hot water over and immediately drain off; this seals outside, takes away the unpleasant flavor, and makes it much more palatable; skin and have ready in skillet on stove some hot lard or beef drippings, or better, half and half; roll the liver in flour (Graham is nice), cracker or bread-crumbs, nicely seasoned with pepper and salt, put in skillet, placing the tin cover on, fry slowly until both sides are dark-brown, when the liver will be thoroughly cooked. The time required is about a quarter of an hour. Make a gravy by stirring into the drippings a tablespoon flour and adding a pint milk. Boil up, season and serve poured over the liver. Some always single-bread liver. Or first throw into the hot drippings a half onion minced fine, if the flavor is liked, and one or two sprigs parsley, chopped. Turn the liver several times that it may absorb the flavor. When done put where it will keep hot and make a sauce in another pan by stirring a teaspoon flour into tablespoon hot butter until brown, add cup boiling water, stirring well, and pepper, salt, tablespoon vinegar and heaping tablespoon capers. Drain the slices of liver from fat and put into sauce until ready to serve, when arrange neatly on dish and turn the sauce over. For *Royal Fried Liver*, cut two-thirds pound calf's liver into slices, and fry half in butter; then pound in a mortar, with a few capers, a few gherkins, allspice, and sugar, press through a sieve, and add juice of a lemon, and a little pepper, salt, and vinegar. Put in hot water or near the fire, but not on it, to keep hot. Flour the remaining slices and fry in fresh butter, place on a plate, and pour over them the first part, reduced to a thick sauce. Will be found delicious. Liver Rolls may be served with the above sauce. *Fried Liver and Bacon* is a dish common at most tables. Fry in a pan slices of bacon and keep hot while frying thin slices of liver, prepared as in Broiled Liver, in same fat. When done serve liver and bacon on same dish, garnished with slices of lemon or force-meat balls. Make a gravy by dredging a little flour in pan after pouring off some of the fat, adding a fourth pint broth, salt, pepper, tablespoon mushroom catsup and one of finely chopped gherkins or pickled walnuts if liked. Boil and pour round the liver in dish. Or serve with tomato sauce. Liver is apt to be dry and hard unless first dropped into boiling water, or let stand ten minutes or so in warm water. A good way is to steep it in vinegar and water half an hour, then cut into thin slices, skin, roll in flour, fry very crisp, and serve with fried onions. Some cut bacon and liver into small squares, place on skewers alternately, fry by immersing in hot fat, or in dripping pan in oven, turning two or three times, and serve on moist buttered toast. Sheep's liver should be par-boiled before frying. For *Minced Liver*, cut in pieces and fry with slices of pork; then cut both into dice, nearly cover with water, add a little lemon-juice and pepper, thicken the gravy with bread-crumbs or browned flour, and serve.

Stewed Kidney.—If wanted for breakfast, boil kidneys the night before till very tender, turn into a dish with the gravy and cover. In the morning, boil for a few moments, thicken with flour and water, add part of an onion chopped very fine, pepper, salt, and a lump of butter, and pour over toasted bread well buttered. Or split the kidneys and slice them thin on a plate; dust with flour, pepper and salt, brown some flour in butter in a stewpan, mix smooth with a little water, put in the sliced kidneys and let them simmer, but not boil, until done. Butter slices of toast and pour the stewed kidneys over, gravy and all. Or put a small onion, or two heaping tablespoons chopped onion, in frying pan with one heaping tablespoon butter and set over fire where butter will simply melt. Cut kidneys into pieces one-half inch square, put in pan and fry very quickly about five minutes, add heaping tablespoon flour and stir till flour browns, then pour in a pint boiling water and half a cup tomato cat sup, or two tablespoons of any good table sauce, add a seasoning of salt and pepper, stir until all are smoothly blended, let them cook ten minutes, and serve the dish at once, garnished with croutons. If the fire is hot the kidney ought to be cooked in twenty minutes; it is not necessary to parboil kidney, or to cook it for a long time, and the more quickly it is cooked the more tender it will be; the kidney should be quite brown before the flour is put with it, then the gravy will be brown.

Boiled Tongue.—Boil tongue in salted water until it can pierced with a fork, peel, place the tongue in saucepan with one cup water, half cup vinegar, four tablespoons sugar, and cook till liquid is evaporated. Serve garnished with tufts of cauliflower or brussels sprouts. The tongue may be trussed while hot in the form of an arch, by putting it to press on its side between two dishes with a weight on top, and when cool trim it smooth, or with a small, sharp



knife carve the surface so as to represent leaves. Or place it with the root end against the back of dresser, and put a strong fork in top of tongue; this will make it assume an erect and nice appearance.

Let it get quite cold, glaze it, ornament with a paper ruff and a vegetable flower, and garnish with aspic jelly. If hot serve with spinach. Boiled tongue is nice served with *Polish Sauce* made as follows: Skin the tongue while hot and put in another pan with slices of pork, an onion, sliced carrots, spices and calf's foot. Stew till brown, dust with little flour and thin the gravy and sauce with a cup vinegar. Boil a few moments, take out tongue, strain sauce and add two ounces each currants and whole almonds, blanched, and pour over the tongue. Another way of preparing is to half boil the tongue and then stew it in a sauce made of a little broth, flour, parsley, one small onion, small carrot, salt and

pepper and one can tomatoes, cooked and strained. Dish the tongue and strain the sauce over it. Or pour over the tongue a sauce made of a can of tomatoes half boiled down, salted, and thickened with a tablespoon butter and teaspoon flour rubbed together. *Fried Tongue* is very nice; first boil, then cut into slices and fry in hot butter with a little minced onion, and serve with a *Pickle Sauce* made as follows; Put a teaspoon flour in pan in which tongue was fried and when brown add cup hot water; strain, season with salt and add a tablespoon any chopped pickles—piccalilli is best, but pickled cucumbers may be used by chopping and mixing with a little mustard. Soak the slices of tongue in this till ready to serve, when arranged on a platter overlapping one another and pour the sauce over. Or braise the slices of tongue and serve with a little spinach on each, or with a mayonnaise or tartare sauce.

Pickled Tongue.—Procure ten small tongues, wash in cold water and put to cook in boiling water with a sliced lemon, tablespoon salt and teaspoon whole cloves and pepper-corns; keep covered with boiling water, and boil gently until tender, which will be in half or three-quarters of an hour. When tongues are done take them up, trim them, remove the skin and pack in glass jars, with a tablespoon each whole cloves and pepper-corns, and a blade of mace; cover with cold vinegar, and let stand overnight before using, or longer if desired. In cool weather they will keep several weeks if kept closely covered. Any tongue may be pickled same. The remains of pickled tongues are very nice chopped, placed in a pan and pressed when they will turn out resembling collared meat. A little thick jelly may be poured into the pan with them. Slices of cold tongue may be warmed in any kind of savory sauce and laid in a pile in center of a dish, the sauce being poured over them.

Tongue in Jelly.—Boil and skin either a fresh or salted tongue; when cold trim off the roots. Have one and a fourth quarts aspic jelly in liquid state. Cover bottom of two-quart mold about an inch deep with it, and let harden. Cut out leaves from cooked beets with a fancy vegetable cutter, and garnish bottom of mold with them; gently pour in three tablespoons jelly, to set the beets. When hard add jelly enough to cover the vegetables, and let the whole get very hard. Then put in the tongue, and about half a cup jelly, which should be allowed to harden and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. When ready to serve, dip the mould for a few moments in pan of warm water, and gently turn on to a dish. Rings of the white of boiled eggs may be used with or in place of the cooked beets. Garnish with pickles and parsley; pickled beets is especially nice. For *Lambs' Tongues in Jelly*, prepare the same as beef tongues. Three or four molds, each holding a little less than a pint, will make enough for a small com-



Large Mold

pany, one tongue being put in each mold. The tongues can all be put on the same dish, or on two, if table is long. Or boil a beef's tongue and let it get cold. For the jelly mix pint liquor in which tongue was boiled with cup brown veal gravy, three tablespoons vinegar, one of sugar and one of Caramel Coloring; add two ounces gelatine dissolved in half pint water, mix well, pour over all a pint boiling water and strain through flannel. Let the jelly cool until it begins to thicken, then cut the tongue in slices as for table, put a little jelly in bottom of wet mold, then a layer of tongue, more jelly and so on until mold is full and finished as above; serve garnished with sprigs of celery or nasturtium flowers.

Broiled Tripe.—Cut honey-combed tripe into pieces of three or four inches wide; rub a little oil or melted butter over them, roll in flour, and broil over a charcoal or wood fire, squeeze a little lemon juice over each piece and serve. Never broil tripe over a hard-coal fire, the gasses arising from the coal spoil the flavor of the tripe, making it indigestible and unpalatable.

Fricasseed Tripe.—Cut the tripe into square pieces and put in stewpan with a blade of mace, bouquet of herbs, an onion quartered, salt and cayenne. Cover with water and a little vinegar and stew one hour. Strain the sauce and put tripe and sauce in a clean saucepan, with a tablespoon of butter rolled in flour, gill cream and tablespoon chopped parsley. Simmer ten minutes, squeeze in juice of a lemon, and serve. Or cut in narrow strips, add water or milk, tablespoon butter mixed with one of flour, season with pepper and a little salt, simmer slowly for some time and serve hot, garnished with parsley.

Braised Loin of Lamb.—Bone the loin and line bottom of a stewpan just large enough to hold it with a few thin slices of bacon, add vegetables and lraise as above. When done take up the meat, dry it and place where it will keep hot. Strain and reduce the gravy to a glaze, with which glaze the meat and serve it on stewed pease, or spinach or stewed cucumbers. *Braised Shoulder of Lamb* is nice if first larded with strips of fat bacon, highly seasoned with pepper, salt and chopped parsley (see direction for larding); then roll the meat round, tie it up and put in stewpan with a quarter pound butter, over a slow fire, stirring occasionally until a light golden color; pour in a quart water or broth, add two dozen small onions and a bunch of parsley, and simmer very slowly until the onions are quite tender; take up the meat, pull off the string, and place it on a dish with the onions round; take the parsley out, carefully skim off fat, and boil the liquid until a thinnish glaze, which pour over the meat and serve. Mushrooms may be added ten minutes before sending to table, if liked. The cavity from which the bone is removed may be filled with force-meat, if preferred, instead of rolling and binding the meat. *Braised Mutton*, is cooked as any of the above.

Grilled Lamb.—Boil the loin half an hour, then take out and score, brush over with beaten yolks of eggs and sprinkle well with

bread-crumbs seasoned with chopped parsley; put in dripping-pan and place in oven until brown; serve hot with melted butter and lemon pickle, or tomato sauce, or cold with the sauce. A breast may be done same, and *Grilled Mutton* is also prepared in same manner.

Roast Lamb.—The loin, forequarter and leg are all very nice roasted. Prepare and roast as directed in Roasted Meats, a medium sized forequarter requiring about two hours. Lamb must be basted constantly and thoroughly cooked without being dried up. Some brush clarified butter over the joint, then sprinkle with bread-crumbs seasoned with pepper, salt and a little minced parsley, and cover with slices of bacon, held in place by skewers. When nearly done remove bacon and baste with beaten yolk of egg mixed with gravy, sprinkle over more crumbs and let brown. If liked, squeeze juice of a lemon over and serve with mint sauce. For a nice *Roast Leg of Lamb*, run a sharp, thin-bladed knife between the skin and flesh where the leg is thickest in such a manner as to form a pouch, and into this put the flesh of a small red herring, and a small clove of garlic, highly seasoned with pepper and pounded to a paste, forcing it as far as possible under the skin, then roast as in general directions. Or the bone may be removed and the cavity filled with a common veal stuffing or any bread dressing or force-meat liked. Tomatoes are sometimes baked in the pan with lamb and served with it. A *Roast Saddle of Lamb* is a very dainty dish for a small party. Put in dripping-pan, with a few small pieces of butter on the meat, and baste occasionally with tried-out lamb-fat; season with salt and pepper and dredge a little flour over it a few minutes before taking from the oven. Serve with currant jelly, and send to table with early vegetables. A mild mint sauce may be served with the joint. Potato balls, seasoned with nutmeg and chopped parsley, single-breaded and fried, make a nice garnish for the roast, surrounding with them, with a drawn butter sauce poured over the meat. Pease, spinach and cauliflower are served with roast lamb, also fresh salads. Another nice roast is called *Carbonade of Lamb*. For this select a loin weighing three pounds or more and have butcher skin and take out bone, keeping bone for use in pan or to boil for broth. Make a force-meat of a slice of bread soaked in cold water and squeezed dry, level teaspoon any powdered sweet herb, thyme, marjoram or summer savory, saltspoon salt, pinch of pepper, tablespoon butter, or raw egg, and a little chopped onion if liked; mix well together and place in bone cavity and sew up. Roast in Dutch oven or bake in ordinary oven. When brown on one side turn to brown the other, then season, dredge with dry flour and baste every ten or fifteen minutes. For gravy, mix a tablespoon flour with drippings in pan, let brown and turn in slowly a pint water, seasoning to taste. Some cooks serve roast lamb rather rare, or well done on the outside and pink within; it should be served steaming hot with a caper, pickle,

or mint sauce. If carved through the center it may be nicely served again next day by stuffing the cut-out space with boiled mashed potatoes, smoothing evenly around, and placing long enough in oven to become thoroughly hot. Lamb is sometimes roasted entirely whole, simply skinned, the entrails removed and feet cut off. It should be not more than six weeks or two months old, when the bones cut like gristle and the meat is singularly delicate. It may be stuffed with bread dressing and sweet herbs and served with bread sauce, but is more frequently eaten with lemon juice. When the lamb is older, to roast whole, bone from the neck to the shoulders, skewer the legs to the body, and cover with slices of bacon, which may be tied or skewered on, but must be removed when meat is nearly done that it may be basted and browned nicely. *Roast Mutton* may be prepared in any of above ways.

Stewed Lamb.—Cut the neck or breast in pieces and put it in a stewpan with salt pork or bacon sliced thin, and enough water or stock to cover; cover closely and stew until meat is tender, then skim well, add a quart green shelled peas, and more hot water or stock if necessary; cover till peas are tender, then add a bit of butter rolled in flour, and pepper to taste; simmer a few minutes and serve. For another nice *Stew with Green Peas*, leave the breast of lamb whole, simply removing the skin; put the breast in pan of hot water and leave five minutes, line bottom of stewpan with thin slices of bacon, put in the lamb and lay on it a lemon cut in slices, to keep meat white and make it tender; cover with one or two slices of bacon, add a half pint white stock, an onion and a bunch savory herbs. Stew gently over slow fire until tender, and serve on a bed of green peas, cooked separately. The lamb may be glazed and spinach substituted for peas if preferred, or it may be served on a bed of stewed mushrooms. Or first fry either the breast or leg in butter or drippings until a nice brown, and add water or stock to cover with seasoning of salt and pepper. Simmer three-quarters of an hour and add a half peck green peas. Cook until peas are done, dust in a very little flour and serve hot with peas as a border. For *Stewed Lamb with Tomatoes*, saw the breast or brisket lengthwise through the bones; then skin, divide in pieces, wash and put to stew in water or broth to cover, cut carrots, turnips and onions (enough to fill a cup) in dice, and boil in water separately; pour off water when they are half done and put them in the stew with a cup cut tomatoes. Boil half an hour longer, thicken slightly if necessary, season with pepper and salt and last add a tablespoon chopped parsley. In dishing up take up two pieces of meat for each dish and place in middle of individual flat platter with vegetables and sauce or gravy from stew at each end. *Stewed Lamb with Asparagus* is also nice. Remove skin and part of fat from the breast or shoulder and cut it into neat pieces; dredge a little flour over and place in stewpan with tablespoon butter and fry till nicely browned;

then cover with warm water, add a bunch parsley, two button onions and simmer until meat is done; skim off fat, take out onions and parsley, mince the latter finely, return it to the gravy with a pint of of boiled asparagus tops, add salt and pepper, simmer a few minutes longer and serve. Canned asparagus may be used. A plain stew of lamb is nice, first fried as above, cooked without vegetables, and served with its own gravy poured over, flavored with four tablespoons tomato catsup, or served with mint sauce. When the leg or shoulder is stewed the bone may be removed and the cavity stuffed with any force-meat preferred. The loin may be stewed whole or in steaks; when stewed whole secure the flap with a skewer. *Stewed Mutton* is prepared in any of above ways.

Lamb Chops.—Trim off the fat from a loin of lamb, cut into chops about three-fourths inch in thickness, and for *Broiled Lamb Chops* proceed as directed in. Broiled Meats, remembering that they require little cooking and must be done very quickly. Season with pepper and salt and serve immediately, very hot, garnished with crisped parsley; or dish them in a circle round green pease or a mound of mashed potatoes. Asparagus, spinach, cauliflower and beans are also served



Lamb Chops.

with lamb or mutton chops, and stuffed baked tomatoes are nice with them. When chops are cut from the loin as above, some like to have the kidney retained in its place. When chops are made from breast the red bone at the edge should be cut off, and the breast parboiled in water or broth, with a sliced carrot and two or three onions, before it is divided into cutlets, which is done by cutting between every second or third bone. Many prefer to single-bread lamb chops before broiling, and after dipping in egg some season with pepper, salt, nutmeg, grated lemon-peel, and chopped parsley. For *Fried Lamb Chops*, choose cutlets or chops about half an inch thick and fry in a mixture of butter and currant jelly, half and half—two tablespoons of each to four cutlets—turning to brown both sides. Season highly with salt and pepper and serve on hot platter with the gravy from pan poured over. Or fry plainly by putting in hot frying-pan, turning quickly to brown both sides and keep in the juices, then fry until done. Season just before taking up and serve on hot dish with a gravy made in pan, flavored with mushroom or tomato catsup, poured over. Or double-bread them and fry, though some only single-bread cutlets, adding to the sifted crumbs a seasoning of pepper and salt and a little chopped parsley or onion and grated lemon peel and pounded mace, if liked. Or first sear them quickly on each side in frying-pan, then single-bread and fry or broil. They may be fried in little butter or drippings, but are much nicer if dropped into hot fat. Some do not use egg in breading cutlets but dip them into melted butter or kettle of fat, and roll in crumbs, then fry as Fritters. Dish as Broiled Chops, and serve with clear red currant jelly or mushroom, onion or tomato sauce. Fried toma-

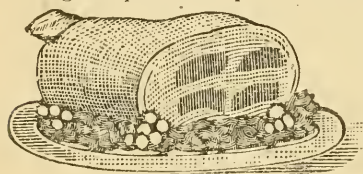
Boiled Mutton.—Mutton can be cooked like any of the preceding recipes for lamb, and the latter can also be cooked like any of the following recipes for mutton. The leg and shoulder are most used for boiling. To prepare *Boiled Leg of Mutton* cut off the shank bone, trim the knuckle, wash well and be sure to remove the thin outside skin. The oil of the wool penetrates through the pores of the skin, and from this comes that strong, wooly taste, rendering mutton so objectionable. Then, if wanted plainly boiled, cook as directed in Boiled Meats, letting the water boil down to gravy. A leg weighing eight or nine pounds will cook in an hour and a quarter, if wanted very rare, allowing five minutes for every additional pound. Two hours or more will be required to cook it well done. Serve with caper, cucumber or mint sauce, or currant jelly. Some first soak the leg an hour or two in salted water, then wipe dry, wrap the flank nicely around, securing it with skewers, and boil in a floured cloth. The greatest care must be exercised that the mutton does not cook too rapidly after first plunging in boiling water, after which it must only *simmer gently* till done. Carrots and mashed turnips may be served with this dish, and may be boiled with the meat. Very young turnips may be boiled whole and used as a garnish. Mashed potatoes and greens are also served with it and boiled rice or hominy are liked with it by some. The liquor the joint is boiled in should be made into soup. The leg may be boned and stuffed with any dressing preferred, then cooked as above. Or parboil some nice plump oysters, take off beards and add to them some parsley, minced onion and sweet herbs, boiled and chopped fine and the yolks of two or three hard-boiled eggs. Mix all together, and cut five or six holes in fleshy part of a leg of mutton, and put in the mixture. Tie in a cloth and boil as above, or braise it and serve with any sauce liked. *Boiled Shoulder of Mutton*, considered by many superior to the leg, may be cooked after any of the above methods. For *Boiled Breast of Mutton*, cut all superfluous fat from the breast, bone it, sprinkle over a layer of bread-crumbs, minced herbs and seasoning; roll, bind firmly with tape, and cook and serve as above, removing tape when dished. *Boiled Neck of Mutton* is a very good dish when carefully prepared, though generally used for soup. It may be plainly boiled with carrots and turnips and garnished with them, or boiled slowly until tender, then take out, cover with sifted bread-crumbs, well seasoned and moistened with milk and the yolk of an egg, flavored with finely chopped sweet herbs, and set in oven to brown nicely. Serve with either of above sauces and accompaniments. The breast may be dressed in same manner, adding chopped mushrooms to dressing if liked. *Boiled Lamb* is prepared in the same way, generally serving with mint sauce.

Boned Mutton.—Cut off all fat from leg of mutton, take the bone out carefully, and preserve the skin whole; take out meat and mince it fine, and mix with it about one pound minced fat bacon

and some parsley; season the whole well with pepper and salt, and a small quantity of onions chopped fine; then put meat into skin and sew it up neatly on under side; tie it up in a cloth and put it into stewpan with two or three slices of veal, some sliced carrots and onions, a bunch of parsley, and a few slices of fat bacon; let it stew for three or four hours, and drain the liquor through a fine sieve; when reduced to a glaze, cover the mutton with it and serve upon a bed of rice.

Curried Mutton.—Put breast of Mutton in stewpan with two quarts water, season and simmer slowly an hour and a half. Cut an onion in slices and brown nicely in butter, add teaspoon curry powder and little salt. Take meat out of broth, stir curry through, put meat back and stew an hour longer. Dish and pour gravy over.

Roast Mutton.—The leg, saddle, loin and shoulder are the best pieces for roasting. Have the butcher trim nicely, prepare as for Boiled Mutton, and to roast, plainly follow directions given in Roasted Meats. Some cover the joint with buttered paper, which is taken off about twenty minutes before roast is done to baste, dredge and brown the meat. Serve with its own gravy and red currant jelly and mashed potatoes, or with onion sauce or stewed onions. If there is a large flap to loin put in some of the dressing and skewer securely,



Saddle of Mutton.

then bake and serve as above. Some roast a *Saddle of Mutton* as Venison in a coarse paste, taking off to baste and brown a few minutes before done. Or roast plainly as above. Garnish with little piles of potato balls and tufts of lettuce or any green leaves. Some cooks roast the neck, cutting the bones off short and trimming nicely. For *Roast Leg of Mutton*, take the flank off, but leave all the fat, cut out the bone, stuff with a rich force meat, lard the top and sides with bacon and put it in a pan with a little water, some chopped onion and celery cut small, a gill of mushroom catsup and teaspoon curry powder; roast and serve as above with the gravy, garnished with force-meat balls, fried. For *Roast Shoulder of Mutton*, have the shoulder boned and fill cavity with a nice bread dressing or force-meat. Then roll, tie loosely, giving the dressing room to swell, place in oven in pan with little butter, baste often, turn occasionally to brown evenly and serve with its own gravy and any of the above garnishes. To finish any roast very handsomely, brush over with glaze, following directions given for Glaze in Gravies.

Rolled Mutton.—Cover the meat with cold water and when it begins to boil draw to back of stove and simmer three hours. Then take up, bone it and spread with a force-meat of bread-crumbs, parsley, thyme, chopped suet, salt and pepper; double or roll it, skew-

ering to keep in place, coat thickly with beaten egg and bread-crumbs and bake on a trivet in moderate oven, basting often with drippings or butter, until nicely browned. Serve on a bed of spinach or stewed onions. Equal to most tender joint of lamb.

Stewed Mutton.—The breast, neck and shoulder pieces are most used for stewing. For an *Irish Stew* procure three pounds neck of mutton and cut in neat pieces. Put about half the fat in stewpan, with four sliced onions, and stir for eight or ten minutes over a hot fire; then put in the meat, which sprinkle with flour, salt and pepper. Stir ten minutes, add two quarts boiling water, and simmer one hour; then add six large potatoes, peeled, and cut in quarters, simmer an hour longer, and serve. Cook dumplings with this dish, if liked. They are a great addition to all kinds of stews and ragouts. Or the meat may be cut into small pieces and put in stewpan in layers with the sliced onions and potatoes, with salt and pepper sprinkled between the layers, and vegetables on top. Cover closely and stew gently an hour or more, being careful that it does not burn. For *Stewed Breast of Mutton* take a rather lean breast cut in pieces about two inches square, put into stewpan with a little fat or butter, and fry a nice brown; then dredge in a little flour, slice two onions, and put with bunch of herbs in the stewpan; pour in sufficient water to *just* cover the meat, and simmer the whole gently until mutton is tender. Take out meat, strain and skim off all fat from gravy, and put both meat and gravy back in stewpan; add about a quart young green pease, and let boil gently until done. Two or three slices of bacon stewed with the mutton give additional flavor; and to ensure the pease being a beautiful green color, they may be boiled in water separately, and added to the stew at the moment of serving. String beans or boiled macaroni may be substituted for the pease. For *Stewed Shoulder of Mutton*, first parboil, then put it in stewpan with two quarts mutton gravy, quarter pound rice, teaspoon mushroom powder, with a little pounded mace, and stew till the rice is tender; take up mutton and keep hot; add to the rice half pint cream and piece of butter rolled in flour; stir it well round the pan, and boil a few minutes; lay mutton in dish, and pour the rice over it. For *Stewed Loin of Mutton*, remove the skin, bone and roll it, and stew with a little broth or water, adding any vegetables or seasoning liked. Some sprinkle the loin with a mixture of half teaspoon pepper, quarter teaspoon each ground allspice, mace and nutmeg and six cloves, and let it stand a day then roll; or it may be spread with a veal or other force-meat, then rolled. Some prefer to half bake it in the oven, then take out and finish cooking in stewpan in its own gravy. Flavor with two tablespoons mushroom catsup and serve with red currant jelly. *Stewed Leg of Mutton* is a dish liked by many. Procure a tender leg, take off outside fat and skin and lard leg with pieces of fat pork. Put the leg in saucepan with some small onions and two yellow turnips, sliced, one bay leaf, a

calf's foot cut in two, and a pint good beef broth; let all cook together until gravy will jelly. In another saucepan put two table-spoons beef drippings, brown the stewed onions and turnips in this, thicken with flour, and add rest of mutton broth. Put in a little vinegar and lemon peel, and let all cook well; strain through a sieve; cut six pickled cucumbers through sauce and cook. Put the meat in sauce and cook all together a few moments. Pour the gravy over the meat and serve hot.

Mutton Chops.—The best chops are taken from the loin, but those from the ribs are also excellent. Cuts from the fillet, the center cut of the hind leg, are called cutlets or steaks, while those from the shoulder are known as shoulder steaks. All may be prepared and cooked as follows: Take off the skin and trim them neatly, removing a part of the fat, and broil as directed in Broiled Meats, either plainly or breaded. If on a gridiron or flat broiler must be turned often. The bread-crumbs should be salted and peppered and may be seasoned with any chopped or powdered herbs liked; a



Mutton Chops.

sprinkling of grated lemon peel or powdered mace gives a flavor liked by many. Serve with a bit of butter on each, neatly arranged in a circle around a mound of mashed potatoes, with currant jelly, or mushroom, onion or tomato sauce. Some first half fry or stew the chops, with any seasoning liked, and when cool bread them and finish by broiling, either plainly, or by wrapping them in buttered paper. They are very nice fried with minced herbs and mushrooms, then broiled. Serve with a tablespoon red currant jelly, mushroom catsup or any suitable sauce on each. Instead of broiling after covering with the seasoning and bread-crumbs, when chops are first half fried, some put them in the buttered paper and finish by setting in the oven in dripping pan until done.

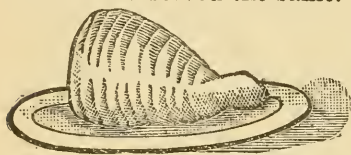
Masked Mutton Chops.—Trim off all the fat from five chops from the back rib and leave a half inch of the bone of each bare at the top. Put in frying-pan and slice over them a carrot, turnip, onion and some celery, sprinkling with pepper and salt. Pour over all a gill of stock and cook twenty minutes over slow fire, turning the cutlets that they may cook through evenly. While cooking, rub a pint mashed potato through a sieve and put in a saucepan, drop in yolks of two eggs, and stir over the fire until well mixed. When chops are ready, roll each in potatoes so prepared and flattened with a knife upon a mixing-board to a quarter of an inch thick, leaving the bone bare as a handle. Place all upon a lightly greased baking-tin, brush over with a little milk or egg, and brown in very quick oven. While they are browning, heat a tablespoon butter, and add half tablespoon flour; when smooth add one and one-half gills cold water and stir all until boiling. Add half tablespoon each catsup, Worcestershire sauce and six drops caramel and cook two minutes.

Arrange them in a circle upon a hot platter with a pint boiled green pease in center, and strain the brown sauce around the whole. In preparing the potato, a little flour should be sprinkled over the board to prevent sticking. If the oven should not be hot enough to brown the chops *quickly*, hold a hot salamander or fire shovel over them, as leaving them long in the oven dries out the potatoes and so spoils the dish.

Mutton au Court Bouillon.—Procure a neatly trimmed leg of mutton and put in stewpan with boiling water to cover. Tie in a cloth an onion, a turnip, bunch of sweet herbs, four or five cloves and some whole allspice, and put in with mutton. Let boil up, skim carefully, cover and place where it will simmer three hours. Then stir in three tablespoons flour, mixed smooth in cup cold water, add tablespoon salt and pinch cayenne and cook an hour longer. Meantime make a pint and a half vealor mutton force-meat, shape into small balls and fry brown, and boil six eggs hard. When mutton is done take it up, skim fat from gravy and remove bag of seasoning. Set stewpan where it will boil and prepare thickening by stirring two tablespoons flour into two tablespoons butter made hot in frying pan; cook until dark brown but do not scorch, and stir into the boiling liquid in stewpan; add more seasoning if liked. Chop whites and yolks of eggs separately; pour gravy over the lamb and garnish with the chopped eggs, putting the whites in a little mound, topping them with some of the yolks, placing remainder of yolks over the lamb; arrange the meat balls in groups around the dish, decorate with parsley and serve. Leg of Lamb may be prepared same.

Roast Pork.—The choicest roasting piece is the loin, between the hind legs and ribs; next come the upper rib cuts, then spare-ribs, or ribs next shoulder. If a nice spare-rib roast is wanted it should be ordered with all the meat left on which is usually cut off for steaks. For a plain roast, follow directions for Roasted Meats, roasting slowly at first, and allow fully half an hour to the pound, as pork must be well done. Serve with a gravy made in baking pan after pouring off top of drippings. Fried apples are nice with roast pork, or any tart sauce, and turnips or fried cabbage are excellent accompaniments. For a very nice *Roast Loin of Pork*, choose a small loin, separate each joint with a chopper and make an incision with a knife in the thick part into which put a stuffing made by mixing three tablespoons bread-crumbs with a finely chopped onion, half teaspoon chopped sage, pepper, salt, and tablespoon chopped suet or drippings; when thoroughly mixed, press into the incision and sew edges of the meat together with needle and thread, to confine the

stuffing. Grease a sheet of kitchen paper well with drippings, place the loin in this, securing it with a wrapping of twine, and put to bake in a dry baking pan, in a brisk oven, basting immediately and constantly as the fat is drawn out. Allow twenty minutes to the pound and twenty minutes longer. Serve with apple sauce or apple-fritters. It is not necessary to put in greased paper, but the skin if left on should be scored across one way at regular intervals or each way in small squares. Instead of opening and stuffing the loin the dressing may be baked separately or put in the pan with the pork a half hour before done. Some rub the loin over with salad oil or butter to make it brown and crisp without blistering, before putting in oven. Always serve with it a gravy made in pan, and any other sauce or accompaniments liked. Or the loin may be steamed or boiled until nearly done; then remove skin, coat well with yolk of egg and bread-crumbs and put in oven for about fifteen minutes or until nicely browned and thoroughly done. *Roast Tenderloin* is cooked and served the same.



Roast Leg of Pork.

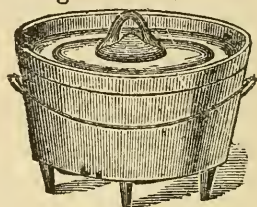
Roast Leg of Pork may be prepared and served same as loin, making the incision for the dressing just below the knuckle. Or first parboil the leg and take off skin. Make a stuffing of two tablespoons finely minced onion, half a chopped apple, eight tablespoons bread-crumbs, half a dozen chopped sage leaves, tablespoon butter, and a little pepper and salt; bind all together with yolk of an egg; make a slit in the knuckle, put the stuffing into it, and sew; put in the oven and baste often. Half an hour before taken up, sprinkle over a savory powder made of two tablespoons bread-crumbs mixed with one tablespoon powdered sage, and a little pepper and salt. Do not baste the meat after the powder is put on. Serve with good brown gravy and apple sauce. Almost equal to roast goose. For *Roast Spare-rib*, trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with either of the above dressings, sew up tightly, place in dripping-pan with pint of water, and baste frequently, turning over once so as to bake both sides equally until a rich brown. Some dredge with flour and powdered sage when basting, and spare-rib is as often roasted without the dressing as with it. Serve with apple sauce, mashed potatoes and greens, or other vegetables. Potatoes are often peeled and baked in the pan with the pork. Or steam or boil the ribs until nearly done; then take up, lay in dripping-pan with inside of ribs up and fill with either dressing given above, making very moist—as soft as for bread pudding; bake half an hour. The griskin or back piece is sometimes roasted, and as it is apt to be dry it is well to flour it when put in the oven and dredge with flour at every basting to keep in the juices. Sprinkle powdered sage over before taking up. The

Pork Chops.—Chops are cut from the loin and ribs, the cuts from the leg and shoulder being known as steaks. For *Broiled Pork Chops*, broil as directed in Broiled Meats, cooking until thoroughly well done and serve plainly, seasoned with salt and pepper, or with tomato or any sauce preferred. *Robert Sauce* is nice with pork chops as well as beefsteak. For this fry three tablespoons chopped onion a pale yellow in one tablespoon butter, add two tablespoons spiced vinegar, and reduce one-half by quick boiling; add half pint brown gravy, and boil slowly fifteen minutes; season with saltspoon salt, quarter saltspoon pepper, two teaspoons French mustard, and serve poured over the chops, dished in a circle. Or first single-bread the chops, or roll in melted butter and bread crumbs, seasoned with sage, broil and serve as above. Or they may be dished round a center of boiled rice or mashed potato. *Fried Chops* are cooked in hot frying pan until nicely browned and thoroughly done on both sides, Then serve like broiled chops, or add a little hot water to the gravy in the pan, a tablespoon butter roiled in flour, pepper, salt, sugar and half cup juice from canned tomatoes; stew five minutes and pour over the chops. Or simply sprinkle over them a little finely minced onion, powdered sage and pepper and salt. Or melt two ounces butter in a saucepan, and stir into it a teaspoon each chopped parsley, sage and shallot: fry a few minutes, add a little salt and pepper and two well-beaten eggs. Dip chops first into this, then in sifted bread-crumbs, let stand ten minutes, fry in little melted butter and serve with a brown gravy poured over. For *Pork Chops with Apples*, put in frying pan, scatter a little sage and pepper and salt over; cook thoroughly; if fat enough so that there is plenty of gravy, fry sliced apples in that; if not, add a lump butter; brown the apples and serve over the pork. Some marinade chops four hours in oil with an onion in slices, parsley, bay-leaf, pepper and salt and fry in the marinade, serving with tomato sauce. This is a delicious breakfast dish.

Pork Pudding.—One cup finely chopped salt pork, two cups each brown sugar and sweet milk, two teaspoons baking powder four cups flour, two cups raisins, teaspoon each cloves and cinnamon, half teaspoon ginger, half a grated nutmeg. Put in buttered mold and steam or boil four hours. Serve with sour sauce. This makes a large pudding, but will keep a week, and put in steamer and reheated is as good as when fresh.

Pork Tenderloin.—Split open and broil till very brown and well done: season with pepper, salt and powdered sage. Or split in half, but do not separate entirely; fill with well seasoned oysters, sew up and broil thoroughly. Season with salt and pepper before serving. Or split the tenderloin and fry in frying pan in little butter; mix some chopped pickles with the gravy and pour it over them.

Pork and Beans.—Put the beans to soak in milk-warm water and parboil the pork an hour before putting in the beans, first scalding and scraping the rind; when the beans have boiled up once pour off the water and add fresh; a sliced onion may be boiled with them if liked; boil until beans are quite tender, adding more water if necessary to prevent scorching; put in baking dish with tablespoon molasses, score the pork and sink it in center, add a little water in which beans were boiled and brown in oven one hour. Corned beef may be used instead of pork. This is a very excellent dish, but not so nice as the baked beans. The cut represents the old-fashioned Dutch oven, an iron kettle with a heavy tight-fitting iron lid. The oven is lowered into the ground level with the top and the lid covered with live coals. There is no oven which bakes pork and beans and imparts the same delicious flavor. It is also nice for baking brown and corn bread, and may be placed in the stove instead of the ground.



Dutch Oven.

Pig's Feet.—Take the fore feet, cut off the hocks, clean and scrape them well; place two feet together and roll them up tightly in common muslin; tie or sew them so that they will keep in perfect shape, and boil them seven hours on a moderate fire—they will then be very soft; lift out carefully and let cool; then remove the muslin and they will be found like jelly. Serve with vinegar, or split and roll in bread-crumbs or cracker dust, and fry or broil them. Serve with a little tart sauce. Leave them in the cloths until ready to chop. Some boil them only until tender, not wrapping in cloth, then split in halves, take out all large bones and fry or broil. Or put the feet into a stewpan with the liver, heart, a thin slice of bacon, an onion, blade of mace, six pepper-corns, three or four sprigs thyme, pint gravy, pepper and salt to taste, and simmer gently fifteen minutes; then take out heart and liver, and mince very fine; stew the feet till quite tender, which will be in from twenty minutes to half an hour, reckoning from the time they boiled up first; then put back the minced liver, thicken the gravy with a little butter and flour, season with pepper and salt, and simmer over gentle fire five minutes, stirring occasionally. Dish the mince and split feet, and arrange in a circle alternately with croutons of toasted bread, and pour gravy in the middle.

Pig's Head Cheese.—Having thoroughly cleaned a nice head, split in two, take out the eyes and brain; clean the ears, throw scalding water over the head and ears, then scrape them well; when very clean, put in kettle with water to cover, and set over a rather quick fire; skim it as any skum rises; when boiled so that the flesh leaves the bones, take it from the water with a skimmer into a large wooden bowl or tray; take out every particle of bone, chop meat fine,

season to taste with salt and pepper (a little powdered sage may be added), spread a cloth over the colander, put the meat in, fold cloth closely over it, lay a weight on it so that it may press the whole equally (if it be lean use a heavy weight, if fat, a lighter one); when cold take off weight, remove from colander and place in crock. Some add vinegar in proportion of one pint to a gallon crock. Clarify fat from cloth, colander, and liquor of the pot, and use for frying. Some boil and chop the meat from the feet also. Powdered sweet herbs, teaspoon allspice, two of cloves and saltspoon powdered mace make a very nice seasoning, and some like the flavor of onions stuck with cloves boiled with the meat. Instead of pressing in a cloth the meat may be packed in molds, moistened or not with a little of its own broth, and a little vinegar. Boiled heart, part of liver and the tongue are also chopped and added, and sometimes a fourth as much lean beef as meat from head, etc., is added. Sliced tongue and sausages, or whole tongue may be placed in center of mold. This dish is called *Brawn* by the English, who pack it in molds, without moistening, and press with weights. Some cook again ten minutes or so after chopping the meat and adding the seasoning before putting in molds. It is nice to pack in small molds, if to be served cold, and slice at table. Garnish with parsley and barberries or slices of lemon.

Boiled Salt Pork.—Wash a piece of salt pork, the leg is best, put over the fire in cold water to cover and boil slowly three hours, allowing twenty minutes to the pound; when done take up the meat, remove skin and serve with pickles or mustard and boiled potatoes. Cut in rather thin slices, and freshen by letting lie an hour or two in cold water or milk and water.

Pork Fried in Batter.—Make the batter by beating together four eggs, three heaping tablespoons flour, a cup milk, and a little salt; dip the slices of pork in this and fry in hot fat, or pour the batter over pork in frying pan and cook all until a nice brown. While making gravy place the fried pork where it will keep hot but not fry, as it should be sent to the table in nice dry crisp slices without a particle of grease visible. An excellent way of serving is to dust with white pepper and turn a little sweet cream over the slices. *Pork Scraps with Egg Sauce* are nice served with boiled codfish and mashed potatoes. Cut fat salt pork into half inch squares and fry a crisp brown; for the sauce beat an egg very light, with one tablespoon flour. Add two tablespoons cold water, then pour on one pint boiling water. Let it boil three minutes, then take from the fire, add one half cup melted butter, and serve poured round the pork slices neatly placed in the center of platter. For *Fried Pork with Apples*, core sour apples, cut into nice slices crosswise without peeling them and fry in pan with slices of pork, and serve on dish with pork in center and apples around

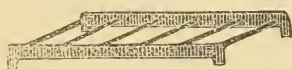
Boiled Bacon.—As bacon is often very salt, it should be soaked in warm water an hour or two before cooking; then pare off the rusty parts, and scrape the under side and rind as clean as possible. Put into a saucepan cold water, let it come gradually to a boil, and as fast as scum rises remove it. Simmer very gently till thoroughly done; then take up, strip off skin, sprinkle some bread crumbs over and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender beans or green pease are the usual accompaniments. Or boil a half lean and fat piece with a little stock, slices of sausage and cabbage; season with salt and spice and serve all very hot, the bacon in center of dish with sausages and cabbage around.

Breakfast Bacon.—Slice very thin, cut off outside and lay each slice on slice of bread of ordinary thickness, same size as bacon, and bake in pan in very hot oven. Or boil till tender and when cold, slice, single-bread and fry brown in very little fat. Very nice and quite unlike bacon.

Broiled Bacon.—The half lean and fat part of thick flank is best for broiling. Cut into thin slices, take off rind, broil over a clear fire and serve very hot. Some broil it between sheets of paper. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices and broiled or fried.

Fried Bacon.—Cut bacon in thin slices and fry; some like it crisp, others fry only till transparent; fry eggs in same pan and serve one on each slice. Or fry tart apples, either quartered or sliced crosswise and cored, in the fat and serve them on the slices of bacon, which have been kept hot in oven. *Rashers of Bacon* are thin strips of bacon, about an eighth of an inch thick and three or four inches long, fried until transparent. The French serve them laid over beefsteak, roast beef, game, etc., and they are often served for breakfast with fried liver.

Baked Ham.—Put the ham in water at least twelve hours before baking. Skimmed milk or milk and water is preferred by many to water for soaking hams. When ready to cook wipe the ham dry, trim away any rusty places, and cover it with a coarse paste of flour and water to keep the gravy in, place in pan on trivet,

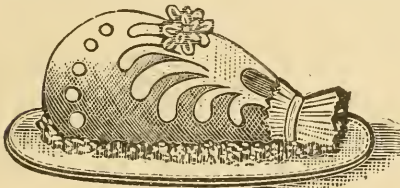


Trivet.

put in oven and bake from four to six hours, according to size, or allow fifteen minutes for each pound. When ready to serve take off paste and skin, cover with bread or cracker crumbs seasoned with salt and pepper, and as soon as browned take up and garnish the knuckle with a paper frill. Ham is sometimes roasted plainly, as directed in Roasted Meats, dredging well with flour, bread-crumbs or cracker dust, but is much sweeter and nicer if the juices are confined by a paste as above. *Baked*

Stuffed Ham is prepared by making deep incisions in the ham with a sharp knife and filling them with a bread stuffing, seasoned with onion, ground sage, celery seed and thyme or with a dressing made by mixing a quarter pound fresh pork chopped very fine, two table-spoons powdered sage, one of black pepper, teaspoon cloves, all-spice, and cinnamon and an onion chopped very fine, moistening with pepper vinegar. Put the ham on trivet, sift flour thickly over and if pan is deep fill half full of water. Bake as above, basting as other roast meats. Or wash and scrape skin till very white, cut out a piece from thick part (use for frying), leaving the skin on the ham as far as possible, as it makes a casing for the stuffing; put in a boiler and steam for three hours; take out and score in thin slices all around the skin; fill the space cut out with a stuffing made of bread-crumbs, same as for poultry, only not quite so rich, seasoned rather highly with pepper and sage, wrap around a strip of cotton cloth to keep in place, and bake in an oven one and a half hours, turning so as brown all sides nicely. The last half hour sift lightly with powdered sugar and cinnamon.

Boiled Ham.—Soak the ham as for baking, and add to the water in which it is to be boiled a pint vinegar two or three bay leaves and little bunch thyme and parsley. Others like the flavor of parsley, turnips and onions. The ham may also be stuffed as directed in Baked Ham. If it is to be served cold let the ham remain in the water until nearly cold, but do not leave overnight. Remove the



Garnished Ham,

rind and with a cloth absorb as much grease from it as possible; then sprinkle with bread-crumbs, cut any figure fancied upon it, with a sharp knife, ornament with a paper frill and croutons or vegetable flowers, (see Garnishes), and serve with a garnish of aspic jelly. If an ordinary boiler is

used to boil a ham, some put a whisp of clean, sweet hay in bottom.

Boned Ham.—Having soaked a well-cured ham in tepid water overnight, boil it till perfectly tender, putting it on in warm water; take up in a wooden tray, let cool, remove bone carefully, press the ham again into shape, return to boiling liquor, remove pot from fire and let remain in it till cool. Cut across and serve cold.

Broiled Ham.—Cut ham in slices of medium thickness, place on a hot gridiron and broil until the fat readily flows out and the meat is slightly browned, take from the gridiron with a knife and fork, drop into a pan of cold water, then return again to the gridiron, repeat several times, and the ham is done; place on a hot platter, add a few lumps of butter and serve at once. If too fat, trim off a part; it is almost impossible to broil the fat part without broiling, but this does not impair the taste. Or use any patent burn-

ers as in Broiled Meat. Eggs broken first into a saucer and then delicately fried in butter or clarified dripping by dipping the fat over them till whites are set, are nice served on broiled ham or bacon. Or they may be served round the meat as a garnish, and broiled or fried ham is sometimes served on a bed of boiled spinach.

Fried Ham and Eggs.—Cut the ham into thin slices and if particularly hard and salt, soak it about ten minutes in hot water then dry in a cloth and put over fire in cold frying-pan, and turn the slices three or four times while cooking. Ham should be thoroughly well done, and will need to fry at least half an hour. When done place on a dish and serve, a poached egg on each slice. Or keep the ham hot in oven, and fry the eggs in the fat in pan, dipping it over the eggs with a spoon to cover with the white film, and some turn the eggs. Take out as soon as whites are set and serve on the ham. Or place the slices of ham in boiling water and cook till tender; then put in frying-pan and brown, dish on a platter, and serve eggs on the slices, fried as above, or as a border, with ham in center of platter. Very delicious. Or after cooking in water dip the slices of ham in flour or sifted bread-crumbs before frying. Another way of serving ham is after boiling to put where it will keep warm; then mix equal quantities potatoes and cabbage, bruised well together, and fry in the fat left from the ham. Place the mixture on bottom of dish and lay the slices of ham on top. Cauliflower or broccoli may be substituted for cabbage. Bacon may be served same. The most economical way to cut a ham for broiling or frying, is to slice, for the same meal, from the large end as well as from the thickest part; in this way a part of best and a part of the less desirable is brought on, and the waste of the meal is from the poorest, as the best is eaten first. After cutting a ham, if not to be cut from again soon, rub the cut side with corn meal; this prevents the ham from becoming rancid, and rubs off easily when the ham is needed again.



Ham and Eggs.

Frizzled Ham.—Cut the lean part of ham in thin shavings, as thin as possible; soak in cold water an hour, then press the water out. Put a level tablespoon butter in a frying-pan and when hot put in a pint of the meat and fry about five minutes, stirring all the time; then sprinkle over it a heaped tablespoon flour and fry till the flour is a yellow-brown color; pour a pint sweet milk over and let boil one minute. Nice for breakfast or tea. Dried beef prepared same way.

Potted Ham.—Take a pound of lean to every half pound fat ham (or better to every quarter pound fat) and mince very fine, run through a sausage machine, or better, pound in a mortar; add to each pound and a half a small teaspoon powdered mace, quarter of a good-sized nutmeg, grated coarse, and a saltspoon cayenne pepper; less mace may be used and a little pounded allspice added instead;

a powdered bay leaf may also be added, and some like a little mustard; mix all thoroughly and press into the dish or pot in which it is to be served. Bake in oven about twenty-five minutes, taking care that the top does not brown too much, and then press it down very hard using a weight of some kind. Cover the top with a thin coat of fresh melted lard or clarified butter, tie down with an oil-cloth cover, or paste paper over and it will keep for months. Some cover and put away without baking, and others bake in baking dish, then pack in pots. Very nice sliced for luncheon or tea or for sandwiches.

Ham Puffs.—One pint each water and flour, five eggs, three or four tablespoons chopped ham, pinch of cayenne. While water is boiling stir in flour, beat well and cook until the stiff batter parts from the pan, then beat in the eggs one by one, and add the ham and seasoning; drop in hot lard and fry until brown. A nice breakfast dish.

Sausage.—For the various ways of making and packing sausage intended for long keeping, turn to Cutting and Curing Meats. To cook sausage that has been packed in jars take out and make with floured hands in small cakes and fry in pan without lard, turning to cook both sides, or simply spread on bottom of frying-pan to thickness desired, and when cooked on one side cut into nice sized pieces and turn to finish frying. The sausage in skins should be pricked and put in cold frying-pan to cook slowly, or if not pricked fry in a little lard or dripping, and if not liked very fat, take out of pan when nearly done, and finish cooking on gridiron. Or a very neat and the most wholesome way of cooking is to prick them all around, lay in a shallow tin, and put in oven to bake half an hour. *Sausage and Apples* are often served together. If the sausage is in cakes, slice the apples quite thin and fry in pan with them, serving sausage in center of dish with apples around. If the sausage is in skins, fry both sausage and sliced apples by dropping in hot lard, frying apples until nicely browned. Serve as above, or after frying, put both into a pudding dish with edge of paste and bake half an hour in quick oven. *Apples Stuffed with Sausage* are sometimes served as an entree. Remove the cores from sour apples without breaking, stuff with highly seasoned sausage meat, and bake until the meat is done, in a moderate oven. Sausages are also served on a bed or mound of mashed potato with apple fritters as a border, or with apple sauce. Or send to table with pieces of toast of same size between the sausages. Or split the sausages in two and broil them sending to table on toast. Some prefer brown-bread toast for this.

Breaded Sausage.—Wipe the sausages dry, single-bread, put in frying-basket, plunge in hot fat and cook ten minutes. Serve with a garnish of toasted bread and parsley.

Mutton Sausage.—Take a pound fresh mutton, or that which has been underdone, chop very fine and season with pepper, salt and beaten mace. Chop also half pound beef suet, two anchovies, pint oysters, quarter pound bits of dry bread, and a boiled onion; mix the whole with the oyster liquor and whites and yolks of two well-beaten eggs; pound the whole in a mortar, roll into lengths, corks or balls, and fry.

Oyster Sausage.—Take one pound of veal and twenty oysters, bearded; pound the veal very fine in a mortar with a little suet, and season with little pepper; soak a piece of bread in the oyster liquor, pound, and add it, with the oysters cut in pieces, to the veal; beat and add an egg to bind them together, roll into little lengths and fry in butter a delicate brown. Or take half pound lean mutton or beef, with three-quarters pound beef suet, and twenty-five oysters, bearded. Chop the whole and add bread-crumbs, with two yolks of eggs. Season with salt, white pepper, a little mace, and mushroom powder. May be put in skins and kept a day or two before frying.

Veal Sausage.—Chop a half pound each lean veal and fat bacon very fine; add sage, salt, pepper and allspice to taste; beat well, roll into balls, flatten and fry. An anchovy chopped with the meat is an improvement.

Marbled Veal.—Boil a beef tongue, and same quantity lean veal; grind separately in sausage cutter; season both with pepper, a little mustard and pinch each of nutmeg and cloves, adding salt to veal. Pack in alternate spoonfuls as irregularly as possible in a buttered crock, pressing very hard; put in cold place, turn out whole and cut in slices. White meat of fowls may be used in place of veal. Or take a piece of veal from the round; add loose lean scraps, and a bone if convenient; cover with cold water and boil until perfectly tender; remove the piece of meat, leaving the scraps and bone to stew longer. Have ready four or five hard boiled eggs; slice the cold veal, and put in the mold in layers, with sliced egg, a little salt, pepper, sweet marjoram, boiled ham cut in dice, and a slight dredging of flour; reserve enough of the egg to make a border around the last layer. When mold is full press the layers gently together and pour in the stock from the kettle. If there are no scraps or bone for the stock, stir in a tablespoon melted gelatine for each pint meat; cover mold, and bake moderately for an hour and a half. When cold, turn from mold, and serve. Thinly-sliced uncooked veal may be used.

Potted Veal.—Mince veal and ham together in proportion of one pound veal to quarter pound ham, pound in mortar with cayenne and mace to taste and sufficient fresh butter to make smooth paste. Press into little pots or jars and cover with clarified butter. Nice for breakfast or luncheon.

Veal Cutlets.—The choicest cutlets or steaks are cut from the fillet or center of hind leg. For *Broiled Veal Cutlets*, dredge with pepper and salt and dip in melted butter and sifted bread-crumbs twice, and broil with a piece of buttered paper between the cutlets and the broiler, giving them time to cook through before the breading is brown. When nearly done remove paper and finish on the broiler. Serve garnished with parsley and lemon. They may be broiled without the paper. Or first half fry them in a little butter, turn white sauce over them and let stand till cold. Then dip in melted butter or oil, enclose in buttered paper cases with edges folded so that the sauce will not run out, and broil slowly twenty minutes, or place in oven for same time. Or fry slices of ham first, then fry the breaded cutlets in same fat, and arrange on dish with alternate slices overlapping each other, spreading the ham with butter mixed with a little mustard, and the veal with butter melted with a little tart jelly. Or fry and serve with nice slices of salt pork. Nice with mushroom sauce. For *Maryland Cutlets*, cut two pounds fillet of veal into small round pieces and place in frying-pan with two tablespoons butter and seasoning of white pepper and salt. Cook the meat over a slow fire for five minutes in order to whiten it, turning the pieces and do not let the butter brown. Draw pan from fire and sprinkle over the meat a tablespoon chopped parsley, half dozen mushrooms and a shallot also chopped; melt in separate saucepan a tablespoon butter, stir in a tablespoon flour, add by degrees a half pint white stock, bring all to a boil, pour over the veal in frying-pan and cook slowly twenty minutes, turning the meat constantly to prevent coloring too much. When done take up the meat on flat dish and stir into sauce yolks of two eggs beaten with tablespoon cream, simmer slowly till thick and turn over the cutlets which must have been kept hot.

Veal Fricassee.—Put piece of butter size of an egg into a kettle, and when it begins to fry, put in the veal, season and fry brown; then add water sufficient to cook it. When done thicken with cream and flour as for Chicken Fricassee, and the dish will be very like chicken and much cheaper. Two pounds of veal will make a dinner for six or eight if not too much bone. Or cut the veal in nice sized slices and fry in melted butter until firm but not colored; dredge a tablespoon flour over them, add a little grated lemon peel, and gradually as much boiling veal stock as will cover the meat; simmer until tender. Take out meat and add to the gravy a gill of boiling cream, salt, cayenne, and a pinch powdered mace. Beat yolks of two eggs in a bowl; add gradually a little of the sauce, after it has cooled a few minutes, then add it carefully to the remainder. Return the meat to the sauce, and let the saucepan remain near the fire until eggs are set. Add juice of half a lemon and serve.

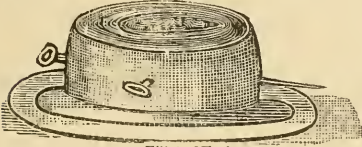
Veal Oysters.—Cut veal from the leg or other lean part into pieces the size of an oyster. Rub a seasoning of pepper, salt and a little mace mixed over each piece; single-bread and fry as oysters.

Veal Pie.—Cut two pounds cutlets into square pieces, and season with pepper, salt, and pounded mace; put in a pudding dish with two tablespoons minced savory herbs sprinkled over, and one or two slices of lean bacon or ham placed on top; if possible this should be previously cooked, as undressed bacon makes the veal red, and spoils its appearance. Pour in a little water, cover with crust, ornament as fancied; brush over with yolk of an egg, and bake in a well heated oven for about one and one-half hours. Pour in a good gravy after baking, which is done by removing the top ornament, and replacing it after the gravy is added. For a *Veal and Ham Pie*, cut the veal and ham in thin slices, lay a slice of ham, about one-third the slice of the veal on the latter, season with seasoning as above, and roll them up and place them in the dish, add water and chopped (not sliced) hard-boiled eggs, place on the crust and bake in a moderate heat, the same as for Beefsteak Pie. If the ham is very salt use less salt and more pepper in the seasoning. Parsley is a great favorite generally with veal. Those wishing it can add it; also force-meat balls. Catsup, either mushroom or tomato or a little Worcestershire sauce, may also be added. Some are very fond of sausage meat added to the veal pie; but all these are mere matters of taste. For a *Veal and Oyster Pie* procure a pound flank or neck of veal, cut in small pieces and stew until tender in just enough water to cover. Chop an onion with a little parsley and add with the pork also cut up, salt and pepper and last a spoonful of thickening and a cup milk. Take from fire and turn it into a shallow pan that will hold one and one-half or two quarts. Then scatter a cup oysters and their liquor over the top, sprinkle a little more pepper and a dust of flour from the dredger, and cover with a crust. Bake about half an hour. The crust may be made by rubbing a small cup minced suet with a heaping cup flour and a pinch salt, and mixing with lukewarm water, or with lard and flour in about the same measures, mixed up very cold.

Veal Pot-Pie.—Put two or three pounds veal (a piece with ribs is good), cut in a dozen pieces, in a quart cold water; make a quart soda-biscuit dough; take two-thirds of dough, roll to a fourth of an inch thick, cut in strips one inch wide by three long; pare and slice six potatoes; boil veal till tender, take out all but three or four pieces, put in two handfuls of potatoes and several strips of dough, then add pieces of veal and dough, seasoning with salt, pepper, and a little butter, until all the veal is in pot; add boiling water enough to cover, take rest of dough, roll out to size of pot, cut several holes to let steam escape, and place over the whole. Put on a tight lid and boil *gently* twenty or thirty minutes *without uncovering*. Or,

Veal Stew.—Have bones of breast of veal cracked, so that it can be easily carved, dust with flour, put over the fire in a dripping pan containing enough hot butter to prevent burning, and brown it quickly on both sides; pour over enough boiling water to cover, season with a teaspoon of salt and a dust of cayenne pepper, turn another pan over it, and stew it gently for an hour; meantime shell green pease enough to cover it; after the veal has cooked an hour put in the pease and cook them until tender, then serve them with the veal laid on them, first seasoning both palatably. Or rice may be boiled and served with it instead of the pease.

Roast Fillet of Veal.—Rub two tablespoons salt and half teaspoon pepper into the veal; then fill the cavity from which the bone was taken with Ham Force-meat or any stuffing liked; skewer and tie



Fillet of Veal.

the fillet in round shape. Cut a half pound salt pork in thin slices and put half on a tin sheet that will fit in dripping-pan; place this in pan, and fillet on it; cover veal with remainder of pork; put hot water enough in pan to just cover the bottom, and place in oven. Bake slowly four hours, basting frequently with gravy in pan, season with salt and white pepper. As water in pan cooks away, it must be renewed, remembering to have only enough to keep meat and pan from burning. After cooking three hours, take pork from top of fillet and spread thickly with butter and dredge with flour. Repeat this after thirty minutes and then brown handsomely. Put about three tablespoons butter in sauce pan and when hot add two heaping tablespoons flour, and stir until dark brown. Add to it a half pint stock or water; stir a minute, and set back where it will keep warm, but not cook. Take up fillet, and skim all fat off gravy; add water enough to make a half pint gravy, also the sauce just made. Let this boil up, and add the juice of half a lemon, and more salt and pepper, if needed. Strain, and pour around the fillet. Garnish the dish with potato puffs and slices of lemon.

Roast Loin of Veal.—Roast on a bed of vegetables, like beef, and stuff with a Veal Force-meat instead of bread dressing. Some apply a mixture of melted butter and flour, twice as much of the former as the latter, to the veal in cooking, using a pastry brush in putting it on. The breast of veal boned, with a layer of force-meat spread over the inside, rolled and tightly bound is nice roasted same. For a plain roast loin have every joint thoroughly cut, and between each lay a slice of salt pork; roast a fine brown, so that the edges of the pork will be crisp, basting often; season with pepper—the pork will make it salt enough. The shoulder may be roasted, with bone removed and stuffed, same as loin or fill the bone cavity with onions, peeled and sliced, seasoned with salt and pepper;

or equal quantities of bread-crumbs and onions may be used. Nicely peeled and rounded potatoes may be baked in pan with roast veal, turning to brown both sides. Serve shoulder with gravy as above.

Brains and Tongue.—Blanch and chop the brains, and put in saucepan with two tablespoons butter, a little chopped parsley, juice of half a lemon, salt and cayenne pepper. Skin and trim the boiled tongue, place in middle of dish and pour the sauce and brains round it. If liked a tablespoon each chopped parsley, capers and gherkins, and teaspoon very finely chopped onion may be added to the sauce. Garnish with parsley, mace, pickles or slices of lemon. Or, after blanching put the brains in quart cold water with teaspoon salt and tablespoon vinegar and boil fifteen minutes, and when cold serve with a cold tongue, the latter in center of dish and brains cut in two and placed at the side. Pour tartare sauce round them and garnish as above. For *Brain and Tongue Pudding*, line a baking dish with good paste and put in a layer of thinly-sliced cooked tongue, then a layer of chopped brain, add a seasoning of salt, pepper, a little chopped onion and parsley. Do this alternately till dish is filled. On the top put slices of hard boiled egg; moisten by adding a teaspoon flour mixed smoothly in a quarter pint milk. Steam an hour or bake half an hour. A fresh cucumber, pared and sliced, may be put in the pudding, if liked.

Calf's Head—Comparatively few housekeepers know how many really dainty dishes can be prepared from calf's head. For hints as to purchasing, turn to Marketing, and for directions for cleaning, blanching, skinning, boning, etc., see Cutting and Curing Meats. Almost every part of the head can be used, though there is some tough white meat about the mouth to be removed a small part around the eye, and some bits of gristle. The water or broth in which the head has been boiled should be saved for soup, though a part of it is of course used for making gravy which accompanies the dish. Lamb's or Sheep's head can be cooked the same as calf's after any of the recipes given, the meat from two of the former about equaling that from one of the latter. Beef's head may also be used, but must be soaked in salted water overnight, will require longer boiling and will not of course make so delicate a dish. Only half the meat from a beef's head will be required in recipes where that of a calf's is given. To give the desired acid flavor generally liked with calf's head use the sour cooking wine of foreign manufacture or any of the flavored vinegars preferred (see Pickles).

Baked Head.—After blanching, halve the head carefully, cutting down between the ears, lay in dripping-pan, cover with bread-crumbs and melted butter, and bake in hot oven, basting frequently. Make a sauce of drawn butter, chopped hard-boiled eggs, the mashed brain, a little red pepper, and some parsley. When the head is done, serve on a flat dish, smothered in the sauce. Some prefer to

brush the head over with two beaten yolks of eggs before covering with bread-crumbs, and sprinkle over also powdered mace, nutmeg, and pepper and salt; put the brains in with the head, first dipping in melted butter; put a little good gravy, stock, or water if neither is at hand, in pan, cover closely and bake in hot oven, removing cover long enough before done to brown nicely. Serve with a sauce poured round it, made as follows: Slightly brown two or three sliced onions or shallots in butter; add tablespoon flour, some brown gravy or stock, a carrot thinly sliced, little chopped parsley, bay leaf, rind and juice of half a lemon, white pepper, and salt. Simmer all one half hour, and pass through coarse strainer. Put back in sauce pan heat through, and add small piece butter, tablespoon any flavored vinegar liked, lump of sugar, and more lemon juice and cayenne if not piquant in taste. Or garnish with sliced lemons and send on with it any good gravy liked in a boat. For *Stuffed Calf's Head*, procure a head cut off about a finger length behind the ears, with the skin unbroken, sew up the places from which the eyes have been removed, salt it well outside and in, and set aside while making the stuffing. Boil a smoked beef's tongue, the fresh calf's tongue and some mushrooms till soft, chop fine and add sufficient rich white sauce to make a smooth dressing, and put on ice till very cold; chop fine three pounds cooked veal with dried herbs, sage, parsley, etc. Open the head on the under side and put in half the veal, then the dressing prepared as above, and fill up with remainder of veal. Sew the edges of the opening together and close the back of head or neck by sewing on a piece of bacon cut to fit. Rub all over with lemon juice and cover with very thin slices of bacon, wrap in a cloth and bind well with network of twine. Put in a pan with half pint each vinegar and water, cover with another pan, or put in a closed roasting pan, and bake in slow oven for two or three hours. When done take off cloth and bacon, dredge with flour and let brown. Serve on platter garnished with parsley, or with mushrooms and potato balls and send on with it a good rich gravy.



Calf's Head.

Scalloped Head.—After boiling till meat is tender, cut in small pieces and place in an earthen pudding dish a layer of bread-crumbs, season, then a layer of meat with bits of butter, then crumbs, and so on, with crumbs for last layer; pour a cup of the broth over all and bake in oven till heated through and nicely browned.

Calf's Head Chêse.—Boil the head till tender, and keep the broth boiling while removing the meat from bones; cut tongue in larger bits, the rest quite small, skim the broth carefully and after it has boiled down to little over a pint put in some salt, a red pepper cut very small, and some chopped parsley; then add the

meat. Put all in a deep dish with a plate over it, and a weight on that to keep it pressed down. Slice thin and serve for luncheon or tea. For *Spiced Cheese* cook as above, adding spices to taste while boiling; when partly cold add cup vinegar. This will keep a long time in cold weather. For *Head Croquettes*, boil pint milk, add the chopped boiled meat from the head and the parboiled brain, seasoned with a little mace, salt or pepper, and parsley, simmer a few minutes; then add three well-beaten eggs and a teaspoon corn-starch and stir quickly to mix thoroughly. Cook about five minutes and cool on flat dish, form into balls or cones, single-bread



and fry a delicate brown in a wire basket as illustrated, or for small croquettes one made of woven-wire is better. Or for *Spiced Croquettes* cut the blanched calf's head into pieces two inches wide; lay for three hours in a pickle made of three tablespoons each lemon juice and water, salt and pepper, and a pinch of mace. Take them out, drain, single-bread and fry in hot fat, and send to table with tartare sauce. Or for plain *Breakfast Cakes* chop the boiled meat fine; add a small onion and some chopped parsley. Heat cup broth, put in chopped meat, let boil, and thicken with a little flour. Put on flat dish to cool; form into flat cakes, single-bread and fry till brown in a frying-pan with a little butter or drippings. For *Fritters*, make batter of pint of milk, two eggs, teaspoon baking-powder, small lump of ice to keep batter cool, flour enough till it will drop, not run from spoon, and two cups of chopped meat as above. Fry in hot fat. A nice cold dish is made from a boiled head in the shape of a *Pie*. Cut the meat into slices. At bottom of dish put a layer of cold boiled ham, then a layer of head, with a seasoning of pepper and salt, and a little brain sauce. Dot the layers over with forcemeat balls, or veal stuffing, and slices of hard-boiled egg; add a gravy made of the trimmings of veal, and flavored with onion, herbs, mace and peppercorns. Put a good thick crust on the pie, and bake in a rather slow oven. When done, the pie may be filled up with gravy. Serve cold.

Sweet-breads.—These are the most delicate and expensive parts of meat, and the choicest are Veal Sweet-breads. See Marketing for suggestions for buying; and Cutting and Curing Meats for directions about blanching and parboiling. It is more convenient to prepare them the day before wanted, as they must always be first thoroughly cooked and cooled, before making into any of the following recipes.

Baked Sweet-breads.—Prepare as directed, then double-bread, put in baking-pan with lump of butter on each and bake in oven until brown, basting with veal gravy. Dish on toast or fried bread with the gravy, flavored with tablespoon mushroom catsup, poured over. Or simply spread with butter, dredge with salt, pepper and flour and bake. Or, after parboiling, lard with very narrow strips

of fat salt pork not larger than a toothpick, taking deep, long stitches or they will break out, and roast brown in a moderate oven, basting often with butter and water. Serve with white sauce or tomato sauce poured over. For *Sweet-breads with Green Pease*, lard five sweet-breads as above, put on fire with half pint water, and let stew slowly for half an hour, take out and put in a small dripping pan with a little butter and a sprinkle of flour; brown slightly, add half a gill milk and water, and season with pepper; heat a half pint of cream, and stir it in the gravy in pan. Have pease ready boiled and seasoned, place the sweet-breads in the center of the dish, pour the gravy over, and put pease around. Or serve the pease heaped in center with sweet-breads around, and gravy poured round edge of dish. Some parboil in quart water, teaspoon salt and tablespoon vinegar, then throw into cold water and when cold, lard as above put in baking pan on top of layer of trimmings of pork, and put over them a little onion, four or five slices carrot, half stalk celery and sprig of parsley, all chopped fine, and pepper and salt. Bake twenty minutes in hot oven. Cut a slice of bread into an oval or any fancy shape and fry in a little hot butter, browning well; put this in center of hot platter, on which place the sweet-breads and serve pease or tomato sauce around, *Baked Sweet-Breads with Orange Juice* form a very elegant dish. Parboil and blanch sweetbreads as directed, score them deeply on top, lay in a buttered baking pan, season with salt and pepper, and squeeze juice of a sour orange over them, quickly brown in hot oven; pour over the drippings from the pan and garnish with sliced sour oranges.

Broiled Sweet-Breads.—Prepare as directed; cut into thin slices spread plenty of butter over them and broil over hot coals, turning often. Or split each in half lengthwise and broil, turning every minute as they begin to drip. Have ready on deep plate some melted butter well seasoned with salt and pepper and mixed with catsup or pungent sauce. When the sweet-breads are done a fine brown lay them in this, turn over several times and set closely covered in warm oven for a few minutes. Serve very hot on rounds of fried bread or toast, with the seasoned hot butter over them. Or after parboiling single-bread them and broil. Serve with a cream sauce poured round them and garnish with water-cresses.

Fricaseed Sweet-Breads.—For a white fricasee prepare as directed and cut in slices. To a pint of veal gravy add a thickening of flour and butter, tablespoon cream, half teaspoon mushroom powder, and grated lemon peel, nutmeg and white pepper to taste; stew ten minutes, add the sweet-breads and let them simmer twenty minutes. Dish, add salt, grated lemon peel, stir and serve. Or put the sweet-breads in the broth without thickening, season with pepper and salt and a very little onion if liked, sprinkle with nut-

meg, cover closely and stew steadily an hour, if of fair size and to be served whole. If they have been sliced, three-quarters of an hour will be sufficient. Heat four tablespoons vinegar in another saucepan, but do not boil, take from fire and stir in carefully three beaten eggs. Add this to sweet breads just before dishing, leaving in just long enough to cook the eggs, but do not boil. Stir in teaspoon chopped parsley and serve in hot covered dish.

Fried Sweet-breads.—Prepare as directed and when perfectly cold cut lengthwise into slices quarter of an inch thick. Have tablespoon butter hot in frying-pan, put in sweet-breads and cook ten minutes, turning all the while; then add cup brown veal or fowl gravy, tablespoon mushroom or tomato catsup, tablespoon chopped onion and parsley, mixed, with pepper and salt, all previously heated together. Stir at boiling heat five minutes and serve in hot dish. Or roll the sweet-breads in flour seasoned with salt and pepper, fry brown in hot butter and serve with mushroom sauce poured round them.

Skewered Sweet-breads.—Prepare as directed and cut into slices about half an inch or more thick; sprinkle them with pepper and salt, single-bread them; run a little skewer through two of these slices, alternating with two thin, square slices of bacon and fry in very hot lard; serve a tomato or cream sauce in center, and garnish with parsley. Serve one skewer to each person at table.

Sweet-bread Croquettes.—Single-bread three slices of prepared sweet-breads and fry as croquettes, either in butter or drippings in frying pan, or by dropping in kettle hot fat. Or, *with mushrooms*, cut two sweet-breads into dice; cut a half box or four mushrooms into dice also; put tablespoon and a half butter in saucepan and when it browns stir and cook until smooth; then stir in a gill good stock or cream, add the diced mushrooms and sweet-breads, and when thoroughly heated take from fire and add beaten yolks of two eggs; return to fire a moment to "set" the yolks, but do not boil. When cool form into rolls or any shape liked, (see Croquettes), double-bread them and fry by dropping in kettle of hot fat. They may be served alone or with pease, or tomato or bechamel sauce. For *Sweet-bread Fritters*, slice sweet-breads thin, sprinkle over grated nutmeg and chopped parsley, dip into a batter made of one cup each milk and flour, one egg, a pinch of salt and a half teaspoon baking powder, and fry in hot fat.



Sweet bread Croquettes,

Sweet-bread Sandwiches.—Parboil and blanch two sweet-breads, wipe them dry, mince, season with pepper and salt, work in a tablespoon melted butter, and spread between buttered bread. The two sweet-breads will make six sandwiches, or mixed with an equal quantity of chopped ham, a dozen.

Sweet-bread Vol-au-Vents.—Prepare as directed and when cool cut sweet-breads into dice, season with salt and pepper and dredge with flour. Have in a basin two or three dozen stewed, drained oysters, small teacup stewed button mushrooms, one dozen or more olives, pared in one piece close to the kernel. Put a quarter pound butter in stewpan, melt and add two tablespoons flour, stirring well, and pouring in stock gradually until the sauce is of creamy consistency ; season with salt, pepper or cayenne and a



Sweet-bread Vol au-Vents.

very little grated nutmeg ; put in the sweet-breads, stirring to prevent browning ; when thoroughly heated add one after the other, the oysters, mushrooms, and olives, and a tablespoon tarragon vinegar ; stir and heat up again, but do not let boil.

Force-meats.—These are also known as “farces,” “stuffings” and “dressings” and are most used for stuffing meats, game and poultry, but are also often cooked separately and served as a bed or border for entrees, or formed into square or oval piece for center of dish. For the latter the mixture should be made into any shape fancied, about an inch and a half thick, and steamed in buttered paper or buttered plate two hours. When done, slip on center of dish, arrange the entree on it and pour the sauce around the base. Delicate cutlets, sweet-breads, etc., are served thus. Veal or chicken force-meat is best for all light entrees. Force-meat may also be made into balls and poached or fried for soup or garnishes. In making force-meats be careful not to use so much of any one flavor as to overcome all others, and unless for very savory dishes, pepper should be sparingly used. The force meat should be thick enough to cut with a knife, but not dry and heavy. Bacon or butter should always be substituted for suet when the force-meat is to be eaten cold. Any left from stuffing fowls or meat may be made into balls, fried and used as a garnish.

Oyster Force-meat.—Sift a half pint bread crumbs, and add tablespoon and a half finely minced suet, or butter cut in small bits, bunch of savory herbs, quarter salt-spoon nutmeg and pepper and salt ; mix well and add eighteen oysters, coarsely chopped and two well beaten eggs. Work all together with the hand until smoothly mixed. Especially nice for stuffing turkey.

Suet Force-meat.—Chop half pound beef suet very fine, add same quantity bread-crumbs, tablespoon chopped parsley, little powdered thyme, add majoram, grated rind and juice of half a lemon, salt, pepper and nutmeg to taste, and mix with three whole eggs. A good stuffing for veal and nice also for turkey and baked fish, with more chopped parsley.

Veal Force-meat.—Chop a pound veal and half pound salt pork ; mix with one pound sifted bread-crumbs, a little cut parsley, sweet majoram, three tablespoons of butter, two well-beaten eggs, and

pepper. Or take three pounds of veal, cup butter, pint each bread-crumbs, milk and white sauce, two tablespoons salt, half teaspoon pepper, two tablespoons each bottled sauce, onion juice and chopped parsley, yolks of six eggs and half teaspoon grated nutmeg. Make and use same as French Force-meat. Nice for fish. *Chicken* and *Fish Force-meats* made same as last recipe, using only the breast of chicken and cream instead of milk for the former. Salmon and halibut are best for the fish force-meat, which is used for entrees of fish only. For an excellent *Sweet-bread Force-meat* take equal parts lean veal and pork, and mince finely together; cut into pieces a par-boiled veal sweet-bread, and mix with about three-quarters pound each of former meats. Add a half pound bread, soaked, and the same amount soft butter. Flavor with a little nutmeg, salt, pepper and half an ounce grated lemon rind. Bind with three beaten eggs, and use for turkey.

Sage and Onion Force-meat.—Pare four onions, and parboil in three different waters; soak two or three times as much stale bread in tepid water, and wring dry in a towel; scald ten sage leaves; when onions are tender, which will be in about half an hour, chop them with the sage leaves and add them to the bread, with tablespoon butter, yolks of two raw eggs, level teaspoon salt, and half saltspoon pepper; mix thoroughly and stuff roast pork or poultry.

Force-meat Balls.—Chop with a quarter pound beef suet little lemon peel and parsley and mix with a pint and a half sifted bread-crumbs; season with pepper, salt and nutmeg and moisten with yolks of two eggs; make into small balls and bake on buttered tin or fry in hot fat till crisp. Add a little finely chopped ham, if at hand.

Frogs.—Only the hind legs of frogs are used and these are considered a great delicacy. They must be skinned and blanched before cooking as follows: Drop them in salted boiling water, to which some add a little lemon juice, boil three or four minutes, put in cold water a few minutes, then take out and drain. They may be broiled or prepared after the recipes given.

Fricassed Frogs.—Put in stewpan two tablespoons butter, for two dozen frogs; when melted lay in two dozen blanched legs; fry two minutes, stirring almost constantly; then sprinkle teaspoon flour over and stir all with wooden spoon; add two sprigs parsley, one of thyme, a bay leaf, two cloves, one of garlic, salt, white pepper, and half pint stock or water and two tablespoons lemon juice; boil gently till done; dish the legs, reduce the sauce by boiling, strain, mix in yolks of two eggs, pour over the legs and serve. Or fry a dozen pairs blanched legs with a little fresh butter and very little minced shallot or onion until the butter begins to brown, then add two tablespoons each cold water and flavored vinegar mixed, and cup hot water. Stew with cover on twenty minutes, then skim off most of butter and add seasoning of salt and cayenne. Thicken the liquor with four yolks of eggs beaten with two tablespoons cream.

Pour some of the hot liquor to the yolks before putting in saucepan, and take from the fire almost immediately, or as soon as it shows the first sign of boiling again. Place the frogs neatly in dish and strain the sauce over them. Frogs can also be plainly stewed like chickens, without the vinegar and thickening.

Fried Frogs.—Fry the blanched legs in little butter in frying-pan and serve nicely arranged in dish of tomato sauce, garnished with croutons, or double-bread them, put in frying basket and immerse in hot fat. Put a frill of paper around bone of each and serve very hot in a circle overlapping one another round a platter with pease in center. Or for *Frog Salad* soak two dozen legs in slightly salted water an hour and a half; drain, stew slowly in hot water until quite tender, drain off water and cover with milk. Let this come to a boil; drain and cool; remove bones, cut up meat and add an equal quantity of cut celery, place on platter, cover with mayonnaise dressing and garnish with little tufts of shrimps, and green herbs, alternated with hard-boiled eggs quartered lengthwise.

Frog Saddles.—Take the entire hind quarters of the frogs, cook in water a few minutes, or *Au Court Bouillion* like fish, page 253; then roll in flour, then in beaten egg with a spoonful water, then coat well in cracker dust. Fry like fritters. Cut square slices of buttered toast across diagonally, making triangular pieces; place two on a dish, the broad bases together in the middle and points at the ends and frogs on the toast in corresponding manner. Ornament with sliced lemon and parsley.

Gravies.

Gravies are considered an indispensable accompaniment to all meats and “made dishes” from meat by professional cooks, but few housekeepers give their preparation the thought and attention necessary to make them in the perfection so easily attained with very little expenditure of time or means. The making of gravy to serve with a roast or other freshly cooked meat is a very simple matter indeed, as will be seen from the recipes given. But for every-day convenience, and in order to be able to get up appetizing little dishes at a moment’s notice when an unexpected guest arrives, every housekeeper should keep on hand a supply of stock, or glaze, which is “condensed gravy,” and for which a recipe is given later. But instead of buying meat for gravy stock the economical housewife will save for the purpose all bones and trimmings from meat, even bits

of gristle and skin, and with the stock-pot in her mind's eye will carefully trim off from all roasts before putting in the oven many bits that will add richness to gravy, which would otherwise crisp and go to waste in the baking pan. All bones and trimmings from cold meat should be saved for this purpose also. Thus a roast served hot one day is sliced cold the next, and perhaps also a part is made into some one of the dainty dishes given in Cold Meats, while the bones are carefully broken or chopped and with the trimmings and other bits of meat at hand are put over the fire with sufficient cold water and simmered slowly until all juices and gelatinous parts are extracted. If cut into small bits this is effected much more quickly. Any vegetables, herbs or spices of which the flavor is liked may be boiled with the meat, which should cook until the liquor is reduced one half, or is a tolerably rich gravy. Then strain, set away to become cold, and before reheating for use remove *all* fat that rises to the top, for grease is not gravy, and an otherwise



Lipped Saucepan.

excellent dish is often spoiled by an oily coating or swimming globules of grease. The stock will keep better, however, if the fat is left on top until wanted for use. To make the gravy heat the stock to boiling in a lipped saucepan as it is so much easier from which to pour; season with pepper and salt and flavor with any spices, catsups or sauces liked, being careful not to overpower the flavor of the gravy itself, add thickening of Roux, or Browned Flour, or if neither is at hand a little flour, corn-starch or arrowroot mixed smooth with a little cold water and pinch sugar, let boil well and serve, either poured over or around a dish of meat or vegetables or sent on with it in gravy-boat; or serve as directed in recipes for Meats and Cold Meats. This prepared stock may be used for the foundation in any of the gravy recipes that follow, saving the time required for cooking the ingredients as given above. Stock will keep several days in cold weather, or if set in ice-box in summer. Or gravy may be prepared in small quantities each day as needed with a little forethought when clearing away the breakfast. Save all liquor from boiled meat for stock, and keep any gravy left over to serve again with the addition of stock and more flavoring and thickening



Gravy Strainer.

if necessary. If any gravy should be lumpy put through a gravy strainer before serving. By putting into practice a good old adage the wise housekeeper "who wastes not will want not"—gravies.

Browned Flour.—Sift and spread the flour thinly and evenly over bottom of dripping-pan and brown on top of stove or in oven, stirring constantly to prevent scorching, until either a light or deep brown as desired. It is well to prepare a quantity at a time and put away in closely corked bottles or self-sealing glass jars to be used as needed for thickening gravies, soups and sauces wanted brown. A good proportion is a level tablespoon for each cup liquid. Use same as any flour by mixing smooth with water or butter, then adding to liquid. Butter and flour, mixed in equal parts and baked brown, is preferred by some for thickening brown gravies, but plain browned flour is doubtless better to use. A slice of toasted bread added to gravy answers for both browning and thickening, but is not so nice as the browned flour. *Browned Onions* are also used for coloring gravies. To prepare, peel and chop fine three medium-sized onions, put in stew-pan with half pint water, boil five minutes add half pound moist sugar and simmer gently till mixture is a dark brown. Then strain it into three-fourths pint boiling vinegar, stir until thoroughly mixed, and bottle. Use for flavoring and coloring gravies, soups, etc. Another article used in gravies, sauces, etc., is the Parsley Butter on page 179, making two or three times the recipe, packing in a jar and keeping in a cool place; half as much parsley may be used, giving a more delicate flavor, and some add only two tablespoons lemon juice. This is also known as *Maitre d' hotel Butter* and is a delicious dressing for steak, chops, etc., placed on the hot platter on which they are to be served, turning them over in it, thus seasoning each side.

Glaze.—Any strong meat soup or stock may be boiled down to jelly-like consistency and makes excellent glaze. Four quarts should be reduced to one quart. It may not be so fine in flavor as that especially prepared, but answers very well. Pig's feet, when obtainable, will make nice glaze cooked with vegetables, but for a more delicate preparation take six pounds knuckle of veal or leg of beef, and half pound lean ham, cut in pieces size of an egg, rub a quarter pound butter on bottom of pot, which should hold two gallons; put in meat with half pint water, three medium-sized onions, with two cloves in each, a turnip, carrot, and three or four stalks celery; place over quick fire, occasionally stirring it until bottom of pot is covered with a thick glaze, which will adhere lightly to spoon; then fill up pot with cold water, and when on boiling point, draw to back of stove and simmer gently three hours if veal, six if beef, carefully removing all scum as it rises. The stock thus made, adding salt, will

make a delicious foundation for all kinds of clear soup or gravies. To reduce to glaze pass the stock through fine hair sieve or cloth into pan; then fill up the pot containing meat, etc., with *hot* water and boil again four hours to obtain all the glutinous part, strain off stock and put with that first obtained in large stewpan, set over fire and boil as fast as possible with lid off, stirring occasionally to prevent boiling over. When reduced to about three pints, pour into small stewpan and boil more slowly until reduced to a quart, skimming if necessary, then put where it will again boil quickly and stir well with wooden spoon until it begins to get thick and is of a fine yellow-brown color, taking care not to burn. Pack in pot for use, or in sausage skins, which may be obtained from butcher; cut off a yard of the skin, tie one end very tightly and pour in the glaze through a large funnel. It will be hard like jelly when cold and when wanted for use is cut off in slices. A thick slice dissolved in hot water makes a cup of nutritious soup, to which may be added any cooked vegetables, rice or other ingredients liked. A piece is very nice to take on a journey, especially for an invalid who does not want to depend on way-side hotel food, or is tired of beef-tea. Another way of keeping glaze is to put away in a *Glaze-Kettle* made for the purpose, and much like a custard-kettle. It is a tin vessel in which the glaze is kept, fitting into a larger one, which is filled with boiling water to melt glaze when wanted for use. The smaller vessel has a lid with a small hole in it for a brush, which is used for putting the glaze on meats, etc., as required. When packing in skins it is well to put a part of the glaze in a jar for this purpose, which may be set in kettle or pan of hot water to melt, and provide also a small stiff brush, or a stiff feather will do. Glaze adds greatly to the fine appearance of many dishes. It is much used in decorating cold joints, hams and tongues and its use is recommended in various recipes.



Glazing Brush.

To use thus, melt the glaze and with the brush cover the meat with it, going over it a second time if necessary after first coat has become cold. In roasting meat if it is not evenly and nicely browned, brush over with glaze just before serving and it will give required finish.

Roux.—This may be made as wanted for use, but is convenient to have at hand. For making *White Roux* melt a half pound butter slowly, skim, let settle, then pour in clean saucepan over fire and when hot dredge in slowly two cups sifted flour. Stir rapidly until perfectly smooth and thoroughly cooked, but do not let brown; some use an egg whisk for stirring. Put away in a jar. *Brown Roux* is made same, stirring over fire until a bright brown, but not scorched. Use for thickening gravies, sauces, soups, stews, etc., by moistening with a little of the warm liquid then stirring into the whole, or put it into the cold liquid and it will dissolve as it heats; do not put into hot liquid without first moistening or it will harden into lumps instead of dissolving.

Brown Gravy.—Before serving any roast meat, let the gravy in pan dry down until grease can be poured off clear, while the glaze remains adhering to pan; pour in water to dissolve it, and when it has boiled add a trifle of Browned Flour, to thicken if necessary though when a roast has been well dredged with flour a thickening will not be needed. Strain through a fine strainer; serve some in dish with the roast, the rest in sauce-boat. A *Cheap Brown Gravy* which will be found nice for warming up any kind of cold meat is made as follows: Slice three onions and fry in butter a nice brown; toast a large, thin slice of bread slowly until quite hard and a deep brown; put these, with any pieces of meat, bone, etc., and some herbs, on the fire with a pint and a half water, and stew down until it is as thick as liked. Season to taste, strain, and set in a cool place until wanted for use. For a *Rich Brown Gravy*, fry two large onions cut in rings in two tablespoons butter until a light brown; then add two pounds shin of beef and two small slices bacon, both cut in small square pieces, and pour in cup of water; boil ten minutes, or until a nice brown color, stirring occasionally; add three and a half pints water, let boil up, then draw to back of range and simmer very gently an hour and a half; strain and when cold take off the fat. Thicken with four tablespoons flour first made smooth and lightly browned with three tablespoons butter in another pan, and cooled; boil the gravy up quickly, season to taste and it is ready to serve. This thickening may be made in larger quantities and kept in stone jar until wanted. A *Brown Gravy Without Meat* is made as follows: Slice, flour and fry two onions and one large carrot in two tablespoons butter till a nice light brown, add three pints boiling water, bunch savory herbs and pepper and salt. Stew gently about an hour, strain, when cold skim off all fat and stir in a thickening made as in preceding recipe and a few drops of Caramel Coloring.

Economical Gravy.—Put in stewpan the chopped bones and trimmings of cold roast or boiled veal or beef, one and one-half pints water, an onion, quarter teaspoon each chopped lemon peel, and salt and blade mace, pounded; simmer gently an hour or more, or until liquor is reduced to a pint, then strain through hair sieve. Add thickening of butter and flour, let it just boil up, squeeze in about teaspoon lemon juice, and it is ready to serve. It may be flavored with a little tomato sauce if at hand, or if dark colored gravy is wanted, catsup or any bottled sauce. Or put chopped bone and trimmings from any cold joint in stewpan with quarter teaspoon each salt, whole pepper and whole allspice, small bunch savory herbs and half head celery, cover with boiling water and simmer gently about two hours. Slice and fry an onion in tablespoon butter till a pale brown, and mix gradually with the gravy; boil fifteen minutes and strain, put back in stewpan, flavor with walnut vinegar, catsup, pickled onion liquor, or any bottled sauce preferred. Thicken with a

little butter and flour mixed smooth on a plate, boil up once, and the gravy will be ready for use.

Giblet Gravy.—Boil the giblets—gizzard, heart and liver—with the neck, in two quarts water an hour and a half, skimming if necessary and adding more water if it cooks away too much. Take out giblets, chop fine, return to water in saucepan, first skimming out neck, and add tablespoon flour mixed smooth with a little cold water; season and after the fowl has been taken up, add to dripping pan placed on top of stove, adding more water if necessary, and boil five minutes, stirring constantly, scraping the sides of pan to free the rich, savory particles that adhere. More thickening or seasoning may be needed and some add a little sweet majoram. If too much fat in dripping-pan, skim off before adding the giblet sauce. If the giblets are not liked, or are preferred served whole, the gravy is made same, simply omitting giblets and serving them on platter with the fowl.

Horse-radish Gravy.—Mix well one tablespoon each butter and flour in saucepan, add pint soup or gravy stock; let boil till flour is well cooked; add three or four tablespoons prepared horse-radish, pinch of sugar, a little salt and white pepper if liked. Serve at once. If grated fresh horse-radish is used add a little vinegar to gravy just before serving. Milk, broth from boiled corned beef or water may be used instead of stock. This is one of the best of gravies.

Maitre d' hotel Gravy.—Mix in saucepan two tablespoons Maitre d' hotel Butter and one of flour; add pint milk or water, let boil and serve with boiled beef, mutton or fish. Or add only half pint milk and make a thick sauce known as *Maitre d' hotel Sauce*.

Orange Gravy.—Put a sliced onion in stewpan with half pint stock, a few basil or bay leaves, three or four strips orange or lemon peel and simmer very gently fifteen minutes. Strain, and if not sufficiently flavored add juice of a seville orange or lemon; season, add thickening of arrowroot or corn starch, boil up once and serve. Nice for all game.

Piquant Gravy.—Put two tablespoons each chopped cucumber pickles, capers and onions in saucepan with half pint vinegar and stir over fire until vinegar has nearly all evaporated; add two tablespoons each butter and flour rubbed smooth, two teaspoons salt, two saltspoons pepper and half as much cayenne, with pint boiling water or stock. Boil up once and serve. This is also known as *Piquant Sauce*, and a more elaborate recipe is the following: Put two tablespoons butter in stewpan with a small carrot and six shallots, sliced, bunch savory herbs, half bay leaf, two small slices lean ham, chopped fine, two cloves, six pepper-corns, blade of mace, and three whole allspice. Simmer all over slow fire until bottom of pan is covered with a brown glaze, stirring to prevent burning, and add four tablespoons vinegar, half pint stock, teaspoon sugar, pinch of

cayenne and salt to taste. Simmer gently fifteen minutes, skim off all fat, strain and serve hot with roast meats. If not liked so acid use less vinegar.

Sage Gravy.—Chop fine a half dozen large green sage leaves, or more if the leaves are small, with two medium-sized onions. Put in stewpan with butter size of walnut, sprinkle with flour, cover closely and let steam a few minutes. Then add teaspoon vinegar, some broth or gravy, and seasoning of salt and pepper. Simmer till the onion is tender. Capital with roast pork.

Veal Gravy.—Cut three pounds veal and two slices lean ham in small pieces. put in stewpan, moisten with little water and set over fire to extract juices; when bottom of pan is covered with a white glaze add three pints water, bunch savory herbs, a few green onions or one large onion, blade of mace, salt to taste and a few mushrooms when obtainable. Stew very slowly three or four hours and skim well the moment it boils. Let cool, take off fat and re-heat when wanted for use. May be used as a foundation for white sauces, for fricassees, or wherever nice veal gravy or stock is wished.

Venison Gravy.—Brown trimmings of venison in a little butter or fat over brisk fire and put with them three or four mutton shank bones and pint water; simmer gently two hours, skim, strain, add two teaspoons walnut or any catsup, salt to taste, boil up and serve.

Cold Meats.

In America and England there is great prejudice against warmed-over food, but in France one eats it half the time in some of the most delicious "made dishes" without suspecting it. Herein lies the secret. With us the warming over is so artlessly done, that the *hard* fact too often stares at us from out the watery expanse in which it reposes. One great reason of the failure to make warmed-over meat satisfactory is the lack of gravy. On the goodness of this, as well as its presence, depends the success of the dish. The glaze, for which the recipe is given under Gravies, renders one at all times independent in this respect, but at the same time it should not alone be depended on. Every drop of what remains in the dish from the roast should be saved, and great care be taken of all scraps, bones and gristle, which should be carefully boiled down to save the necessity of using glaze for every purpose. Do not make into "hash" *all* cold

meat, as is the too common practice of so many American housekeepers. Hash appears to be a peculiarly American institution. In no other country is every remnant of cold meat turned into this one unvarying dish. Not only remnants but whole joints of cold meat, a roast of beef of which the tenderloin had sufficed for the first day's dinner, the leg of mutton from which a few slices only have been taken, the fillet of veal, available for so many delicate dishes, are ruthlessly turned into the all-prevailing hash. The curious thing is that people are even fond of it. Yet hash in itself is not a bad dish; it is called a peculiarly *American* institution, because when English people speak of hash, they mean something quite different—meat warmed in slices. Our hash, in its best form—that is, made with nice gravy, garnished with sippets of toast and pickles, surrounded with mashed potatoes or rice—is dignified abroad by the name of “mince,” and makes its appearance as an elegant little *entree*. Nor would it be anathematized in the way it is with us, if it were only occasionally introduced. It is the familiarity that has led to contempt. But though recipes are hereafter given for most excellent dishes of hash, it is better to introduce a little variety in warmed-over meats. Variety is as easy to produce as it is rare to meet with in average cooking, and depends more upon intelligence and thoughtfulness than upon anything else. Plenty of good well flavored gravy is an absolute necessity for the success of warmed-over dishes, also a variety of seasoning, herbs, etc., though in using the recipes that follow, if all the seasonings mentioned are not at hand others may be substituted or they may be omitted entirely. No good cook, however, will allow her stock of spices, herbs and other condiments to run low, for upon these and their appropriate use depends the success of all cookery, giving that peculiar flavor characteristic of French cooking; and another secret we may learn from them is the use of a *Pinch of Sugar* in soups, meat and vegetable dishes, etc. It is not added to sweeten, or even be perceptible, but it enriches, softens, tones, as it were, the other ingredients as salt does. It is a mistaken idea to think that fat and butter in large quantities are necessary to good cooking. Butter and oils may be melted without changing their nature, but when cooked they become much more indigestible and injurious to weak stomachs. Gravy is equally if not more palatable and much more wholesome, though a limited quantity of butter, drippings or oil is almost indispensable to a well

flavored gravy, unless it be made from good stock from boiled meat and vegetables, which is much better. In making warmed-over dishes of meat do not let the preparation boil or cook long; simply become thoroughly heated, as boiling toughens re-cooked meat, and it is also necessary to always place in a hot frying-pan, so the heating can be more quickly accomplished. We give below a few recipes which make appetizing dishes from cold meat but the ways of preparing the latter are legion, and the successful housekeeper can form innumerable dishes, as each recipe will suggest another even more edible than the first.

Meat Batter.—Dipping slices of cold meat in the following batter is a much nicer way of encasing them, than to single-bread: Mix one and a half pints sifted flour with two tablespoons melted butter and enough warm water to make a soft paste, which beat till smooth; then add more warm water till consistency of fritter batter, salt to taste, and add, just before dipping in the pieces of cold meat, the well-frothed whites of two eggs. Another batter nice for meats, dry in themselves, such as chickens, veal, etc., is to add to above quantity flour, yolks of two eggs, four tablespoons oil, mixing with cold water and adding salt and beaten whites as above. When meat is prepared, fry as fritters or in frying-pan.

Sweet Herbs.—To make the bunch of herbs called for in many recipes put together in palm of left hand three long sprigs parsley with stems crossing in fan shape, and on these lay two sprigs each thyme and summer savory and two bay leaves; twist root ends of parsley up over other herbs and bring leaf ends down, making a kind of roll, which must be wound about and tied with clean twine. Some always add a few pepper-corns and blade of mace; sweet marjoram is also used, and sage leaves should be added for flavoring pork. The above is given simply as a general rule, and any combination preferred or convenient may be used. The herbs are always removed before serving the dish.

Warmed-Over Roasts.—The simplest of all ways of warming a roast that has not been too much cut is to wrap it in thickly buttered paper and put in the oven again, covering closely as possible and leave only long enough to become *thoroughly* heated through. By keeping closely covered it will get hot in less time and the steam will prevent it from becoming hard and dry; make some gravy and serve hot with the meat. If the gravy is good and plentiful the meat will be as nice as the first day, but without gravy will be an unsatisfactory dish. If it is not possible to cover the joint closely in the oven, put it in steamer over hot water; let it get hot through and

serve as before. Or it may then be placed in oven a few moments to brown. Cooking as a Pot-Roast is also a nice way to warm it over. For the third day the meat may be warmed up in any of the ways hereafter given.

Fried Meat.—Any kind of cold meat or chicken that can be cut into neat slices may be very nicely warmed over by first dipping in Meat Batter as above, or single-breading, and dropping into a kettle of hot fat, turning to brown both sides, or in butter or drippings in frying-pan. The batter, or egg and bread-crumbs forms a sort of crust which keeps the meat tender and juicy while it is being heated through. Frying (without batter or crumbs) in a pan with a little butter renders the meat hard and almost uneatable unless the pan is very hot, the meat turned almost constantly, and soon taken out on a hot platter and served at once. Some prefer to sprinkle the meat with ground spices or chopped herbs or onions before breading them. A tureen of good gravy should accompany meat prepared thus, which may be served in a circle round mashed potato, or in center of platter with gravy poured round, or in any way preferred. For *Fried Mutton Outlets*, trim thick outlets from cold leg of mutton, or chops from the loin. dip them in the Meat Batter, fry as above and serve in a circle round a *Vegetable Ragout* made as follows: Stew young carrots, turnips, green pease and white beans gently in a little water in which the bones and trimmings of the meat have been cooked. Season and dish in center of platter. For *Fried Corned Beef*, cut any part of cold corned beef into thin slices, fry slightly in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them and garnish with three or four pickled gherkins; or heat slices in a little liquor from mixed pickle, drain, and serve as above. Or cut nice, cold roast or lean corned beef in thin slices, and lay them in mustard and vinegar a few hours; double-bread and fry in hot lard. For breading meats see Croquettes, page 299.

Meat Pie.—Take cold beef or veal, chop and season as for hash; have ready hot mashed potatoes seasoned for table, and put in a shallow baking dish first a layer of meat, then layer of potatoes, and so on, till dish is heaping full; smooth over top of potatoes, dot with bits of butter and bake until a nice brown. Some sprinkle top with bread-crumbs. Or chop a quart of any cold meat fine; season highly with salt and pepper, and put into a buttered, earthen baking dish. Chop a peeled onion very fine, fry it for two minutes with a table-spoon drippings, and pour over the meat. While chopping the meat and frying the onion, stew any bones from the meat in a cup cold gravy, or use water if no gravy is at hand, and strain it over the meat and onion; cover meat an inch thick with cold mashed potatoes, smooth top, brush it over with beaten egg, and bake the pie twenty minutes in a moderate oven.

Meat Roll.—Chop any cold meat very fine, add an equal quantity mashed potato, or finely-chopped boiled potato, one egg, a little chopped onion and season with salt and pepper and a pinch sugar. Make into a roll nine inches long and three inches wide, or any size wished; place in frying-pan with a little hot drippings or lard and brown all around turning as needed; or bake in oven. Serve hot on platter surrounded by a nice gravy, made in the pan, or



Meat Roll.

little onion pickles. It is nice for tea or lunch sliced cold, and garnished with red pickled beets. For *Veal Roll*, chop as above, season with a teaspoon each finely minced lemon peel and mace, tablespoon chopped parsley, salt and pepper, stir in beaten yolks of three eggs, add half cup gravy and cup bread-crumbs; it should be just soft enough to handle without running into a shapeless mass. Flour the hands and make it into a roll about three times as long as it is broad; flour the outside well and lay it in a greased baking pan, cover and set in oven until smoking hot, when remove the cover and brown quickly. Then brush over with white of egg, and return to oven a minute or two, dish as above using a pan-cake lifter, and garnish with croutons, (see soups) pouring a rich gravy over all.

Meat Turnovers.—Make dough as for soda biscuit, roll thin and cut in circles large or small as liked. Upon these put any kind of cold cooked meat or game chopped fine, seasoned with pepper and salt, catsup and sweet herbs and moistened well with cream or melted butter; lay the meat on one side and turn over the other, moistening and pinching edges together carefully. These can be steamed, baked, or fried as Fritters, and are very good cold. When preparing for picnics, bake them. Some heat the meat with a little broth or water, seasoning as above and thickening with a little flour. If steamed, place turnovers on a buttered plate and set in steamer.

Ragout of Meat.—Slice cold meat, put in a stewpan in which an onion has been sliced, or several if liked; squeeze half a lemon in, or add tablespoon vinegar, cover closely without water, and when it begins to cook, set pan on back of stove for three-quarters of an hour, shaking occasionally. The onions should now be brown; take out meat, dredge in a little flour, stir it round, and add a cup gravy, pepper, salt and a small quantity of any sauce or flavoring preferred; stew gently a minute or two, then put the meat back to get hot, and serve; garnish with croutons or pickles.

Meat and Potato Puffs.—Take cold roast meat—beef or mutton, or veal and ham together—cut all gristle away, chop fine and season with pepper and salt, and chopped pickles, if liked. Boil and mash some potatoes, make them into a paste with an egg, roll out, dredging with flour, and cut round with a saucer; put some of the seasoned meat upon one half, and fold the other over like a puff; pinch neatly round and fry a light brown.

Meat with Eggs.—Take pieces of any cold roast meat, trim off fat and mince very fine. Fry a small onion, chopped fine, in plenty of butter; when a light brown add a teaspoon flour, a little stock or gravy, the minced meat with chopped parsley, salt, pepper and nutmeg to taste. Mix well, add a little more stock if necessary and heat gradually on back of range; lastly add a few drops lemon juice; serve on small squares of bread fried in butter and place a poached egg on top of each, or serve the meat in center with poached eggs over it, and toasted bread around with chopped parsley on the squares.

Broiled Beef.—Peel four or five potatoes, then cut round them as though paring an apple, season with salt and pepper and dip the strips thus made into a thin batter and fry in hot fat a nice brown. Cut neat slices from a cold roast of beef, season well, dip in melted butter, broil quickly and serve on hot platter with the prepared potato over them. Or broil the beef as above, and lay in hot dish on a tablespoon melted butter, sprinkle with mushroom powder, and garnish with border Saratoga potatoes. For *Broiled Beef with Oyster Sauce*, put two dozen oysters in stewpan, with their liquor strained; add three cloves, blade of mace, two tablespoons butter, half teaspoon flour, and seasoning of pepper and salt; simmer gently five minutes. Have ready in the center of dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place layers of slices of cold roast beef, which should be previously broiled over a nice clear fire.

Stewed Beef.—Peel and cut two large onions into thin slices, put in stewpan with two tablespoons butter, set over slow fire and stir until brown, but not in the least burnt, add teaspoon browned flour, mix smoothly, moisten with a half pint broth, or water with a small piece of glaze, and add three saltspoons salt, or less if broth was salted, two of sugar and one of pepper. Put in thin slices of cold lean beef, set on back of stove five minutes to heat through and serve on very hot dish garnished with fried potatoes or croutons. The onions may be omitted and a tablespoon Chili sauce added; or for an *Irish Stew* add sliced potatoes with the onions, omitting the sauce. Or for any of the stews flavor to taste with spoonful tarragon or plain vinegar, or a teaspoon mushroom powder, or pinch of curry, or a few sweet herbs.

Boston Hash.—Take equal parts cold corned beef and any kind cold poultry chopped fine. To one pint of each add raw yolks of two eggs, tablespoon butter, quart potatoes, peeled and mashed, an onion peeled and grated, and enough hot water or gravy of any kind to moisten; season with salt and cayenne, stir in the well-beaten whites, and put the hash in a buttered pudding dish and bake in quick oven half an hour; serve hot in dish in which it was baked.

For *Fried Hash*, take a pint each chopped meat and potato; chop an onion fine and brown it in two tablespoons butter in hot frying-pan, add a gill of stock and when this is hot put in the chopped meat and potato; season with pepper and salt and stir over fire until very hot. Serve heaped high in vegetable dish with a piece of butter placed in a hole on top made by pushing down with bowl of spoon. Some prefer to use more potato, and the onion may be omitted if not liked. Another way of serving is after stirring over fire until very hot to spread smoothly over the pan and set back where the hash may brown slowly, which should take about half an hour. When done fold like an omelet, turn on a hot dish and garnish with points of toast and parsley. Any cold beef or other meat or a mixture may be used for this dish and if mashed potato is left over some use instead of the chopped.

Beef Loaf.—Add to one pint cold hashed beef seasoned to taste with pepper, salt, cloves and cinnamon, three or four rolled crackers or same quantity dry bread-crumbs, and two eggs, with meat stock to moisten; bake twenty-five minutes. When cold slice for tea.

Beef Patties.—Cut cold beef, or any kind of cold meat into very small square bits, season well with salt, pepper and a little gravy and chopped onion. Roll out a nice plain paste rather thin, fill with the meat, close in patty-shape and fry, or bake a light brown. Or line patty-pans with the paste, put in the meat, cover with paste and bake. Or the paste may be omitted from top and bread crumbs with bits of butter, sprinkled over. To make without the paste put the prepared meat in patty-pans, half filling them, cover with mashed potato, put bit butter on each and brown in oven.

Beef Pudding.—Mince a pound or more of cold roast beef, mix with a teaspoon salt, sprinkling of pepper, and tablespoon flour. Make an ordinary pudding paste, fill it with the above mixture, put in not quite quarter pint water, and tablespoon chopped parsley and onion mixed; tie in a cloth, and boil about seventy minutes. If liked, add chopped pickles, or a little good, well-seasoned vinegar.

Beef Rollages.—When breakfast is over gather the good bits of steak, roast or any kind of beef left, and taking off superfluous fat, put beef into a pot with enough boiling water to cover, adding mustard, celery salt, pepper, cinnamon and cassia buds, if all or any are liked, or fresh bits of celery and sprigs of parsley, instead of celery salt, also a little onion if desired. *Simmer* meat all forenoon, adding boiling water from time to time as needed. When thoroughly tender, juicy and brown, take up, slip out bones, chop meat fine adding enough of the gravy to make it like thick mush. Take out of the hash bowl, and place on a clean white cloth and form into long roll about three inches in diameter. Wrap and press the

cloth tightly about it, several thicknesses, to keep the roll in form. Secure it with cord and place the roll in ice box, if warm weather, out in the cold, if cool; in a few hours the meat will have cooled and hardened and can be cut in nice slices like tongue. Lamb and veal can be used in same way. Meat prepared in this way is good either before or after bones are removed as a hot stew with brown gravy for dinner, or serve hot just after chopping as *Spiced Meat on Toast*.

Beef with Macaroni.—Chop lean or cold roast beef or steak very fine, separating it first from all fat; nearly fill a pudding dish with cold boiled or baked macaroni; put the chopped beef in the center, flavored with salt, pepper, thyme, and, if liked, a little liquor poured from canned tomatoes. Pour soup stock or gravy over beef and macaroni, cover with bread crumbs, over which pour two tablespoons melted butter and bake half an hour.

Beef with Oysters.—Cut rather thick steaks from cold sirloin or ribs of beef; brown them lightly in stew pan, with two tablespoons butter and a little water; add one half pint water, a sliced onion, pepper and salt, cover the stewpan closely and simmer very gently for half an hour; then mix about a teaspoon flour smoothly with a little of the liquor; add one or two dozen oysters, having previously strained their liquor into the stewpan; stir till the oysters are plump, then serve. Do not boil after oysters are added, as it toughens them. For *Beef and Oyster Pie*, place some slices cold boiled potatoes in pudding dish and pour in the above; cover with good paste with an opening in center, and bake one hour. Omit onions if wished.

Beef with Tomatoes.—Fry two small onions, chopped, in two tablespoons butter; then add eight or nine tomatoes, cut fine, and season with salt, pepper and herbs if liked. When tomatoes are cooked, add pint chopped cold meat and serve when heated through.

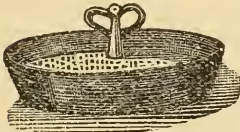
Fried Lamb.—Neatly trim slices of cold roast lamb and fry in butter a pale brown. Serve on a puree of cucumber or spinach. Or single-bread them and fry in hot lard till a light brown and serve with a gravy poured over, flavored with a few drops lemon juice and a little nutmeg. Mutton or veal prepared same way.

Masked Mutton.—Cut cold roast or boiled mutton in slices about half an inch thick, and cover both slices with sauce made as follows: put two tablespoons butter in frying pan, and when melted add one of flour and stir until smooth; add gradually one cup stock and two tablespoons glaze, boil one minute, and stir in yolks of two eggs; season with salt, pepper, and tablespoon lemon juice, and remove from fire at once. Season the mutton with salt and pepper and as soon as the sauce begins to cool, dip slices in it and roll in fine bread crumbs. Beat one whole egg and two whites together, dip the sauced mutton in this and again in the crumbs, and fry and drain as Fritters. Serve with either tomato or tartare sauce. *Masked Beef* or *Veal* cooked in same way.

Scalloped Mutton.—Cut about a pound cold roast or boiled mutton into very small pieces, not much larger or thicker than a silver quarter; stew the bone half an hour or more, to make a pint of broth; strain it and simmer with the mutton half an onion, pepper and salt for fifteen minutes, adding two tablespoons butter and four of flour rubbed together two or three minutes, before taking up. Butter the lower part of a two-quart pudding dish, and put in a thin layer of mashed potatoes, then half of the mutton, a thicker layer of potato, the rest of the mutton, and a last layer of potato, which must be glazed with yolk of an egg; bake until thoroughly heated.

Mutton Rissoles.—Chop fine a half pound cold mutton and two ounces beef suet; mix with three ounces boiled rice, season with salt and pepper and roll into small rolls or any shapes fancied, single-bread them and fry a nice brown in hot fat. Serve with a gravy poured round them and a little in a tureen. Or for *Mutton Balls*, omit the suet, make into balls and tie each in a piece of cabbage leaf; put in hot water and boil half an hour; serve hot.

Mutton Relish.—Take pieces cold mutton and place in the bottom of a meat mold which has a perforated lid that sinks well into the mold and is screwed in place by a valve-pipe; season, add some broth or gravy, put on lid, and on top place nicely seasoned mashed potatoes mixed with little milk; smooth over and dot the surface with capers if liked. Bake in oven till brown. The potatoes retain all the savory steam rising from the meat, and it is a delicious dish. Fresh mutton cutlets or pieces of the round of beef are nice prepared in this way, adding a few bits of butter to the meat.



Meat Mold.

Ragout of Mutton.—Slice two each turnips, carrots and onions; put in saucepan with two tablespoons butter, and brown them. Dust in little flour and stir the whole to prevent browning too quickly, and turn out upon a hot dish until wanted. Cut up cold roast mutton into square pieces and brown on each side in same pan in which vegetables were cooked; then add half pint hot water, salt and pepper, a few sprigs of parsley, and the sliced vegetables. Stew gently until vegetables are tender; arrange the vegetables in center of dish, with the meat as a border, pour the sauce over all and serve. When in season, green pease may be substituted for the turnips and carrots; they should be served piled in center of dish with the chops around.

Pork Cake.—Cut meat, fat and lean, from a cold joint of roast pork, and mince it very fine; mix with it two large potatoes freshly boiled and mashed, a little salt and pepper, a chopped onion, and a little powdered sage. Add two or three eggs and a little milk, sufficient to make a very thick batter. Fry the cake like an omelet, or bake in a buttered dish. Serve with pickled onions or gherkins.

Pork Cutlets.—Cut the remains of cold roast loin of pork into nice-sized cutlets, trim off most of the fat, and chop two onions. Put tablespoon butter in stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add a half pint gravy, tablespoon flour, pepper and salt to taste and teaspoon vinegar and mustard, simmer gently five or seven minutes and serve. Garnish with large cucumber pickles sliced crosswise, three-quarters of an inch thick. This is also a nice garnish for Fried Salt Pork, serving a ring or two with the meat.

Ham Pie.—Pick cold ham into small fine pieces; boil a cup rice, beat up two eggs and stir in with the ham and rice; season with pepper, salt and onions, put into a deep pan with crust and bake.

Ham Relish.—Cut small slices of cold ham and fry in their own fat. Place in a warm dish and keep covered while preparing this sauce: Take two teaspoons made mustard, generous pinch of pepper, teaspoon white sugar, half cup vinegar, half teaspoon corn-starch, mix well and add to gravy in the pan; boil up once or twice and pour hot over ham. Cover and send to table.

Scalloped Ham.—Chop fine the scraps left from boiled ham, add some of the fat also chopped, and put in an earthen pudding dish, first a layer of bread-crumbs, then a layer of mixed fat and lean, then another layer of crumbs, and so on till all are used, putting a few bits of fat over top; pour over it a little water, or a dressing of some kind, and set in oven till a nice brown. This is delicious for breakfast or for picked up dinner, after having made a *Ham Soup* from the bone, well cracked and simmered for three hours with a few sliced potatoes and rice, or dried corn and beans which have first been soaked and parboiled.

Ham with Currant Jelly.—Put half glass of currant jelly, a small bit of butter and a little pepper in saucepan; when hot, put in thinly-sliced boiled ham and let thoroughly heat and serve at once. For *Ham with Vinegar*, cut cold ham thin and broil it; place on platter and pour over two or three spoonfuls hot vinegar and pepper. If vinegar is very strong, add a little water.

Molded Veal.—Mince three-fourths pound cold roast veal very fine, after removing from it all skin and outside pieces, and chop a small slice of bacon; mix these well together and add a third of a teaspoon minced lemon peel, half an onion chopped fine, salt, pepper and pounded mace to taste and a slice of toast soaked in milk. When all are thoroughly mixed, beat up an egg with which to bind the mixture. Butter a pudding dish, put in the meat, and bake three-quarters of an hour; turn it out of the mold carefully, and pour round it a good brown gravy, or set dish in pan of water and cook

for an hour on top of stove, then spread over with beaten egg, sift with bread-crumbs and brown in oven. A sheep's head may be dressed in this manner and is an economical and savory dish.

Veal Patties.—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal, add an egg, boiled hard and chopped, and a seasoning of mace, salt, pepper, and lemon peel; moisten with a little gravy and cream. Make a good puff paste, roll rather thin and cut into round or square pieces; put the mince between two of these, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-pans, when they should be brushed over with yolk of egg before put in oven. Oysters may be substituted for the ham.

Veal Relish.—Make a sauce of milk or water, a large onion, sliced, a slice of salt pork or ham if liked, also a little sliced cucumber; add sliced cold veal and thicken with yolks of one or two eggs, added after the whole has simmered twenty minutes, and it must not boil after the eggs are added. In winter chop a teaspoon pickled cucumber or capers and add just before sending to table. When sliced cucumber is used add juice of half a lemon the last thing. The dish may be varied by adding sometimes a few chopped oysters, mushrooms or celery. Celery should be put in with the onion before the meat.

Veal with Macaroni.—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with three tablespoons chopped ham for every three-fourths pint veal; should the meat be very dry, add tablespoon good gravy. Season highly with pepper and salt, add quarter teaspoon grated nutmeg and quarter pint bread-crumbs, and mix these ingredients with one or two well-beaten eggs, which should bind the mixture and make it like force-meat. In the meantime, boil a quarter pound macaroni in salt and water and drain it; butter a mold, put some of the macaroni at the bottom and sides, in whatever form liked; mix the remainder with the force-meat, fill the mold up to the top, put a plate or small dish on it, and steam for half an hour. Turn out carefully, and serve with good gravy poured round, but not over, the meat.

Chicken Sandwiches.—After cutting off top of a French Roll, remove carefully the crumb from the inside. Cut in small dice cold boiled chicken and tongue, half and half, and twice as much celery as meat; mixed with any salad dressing liked and fill the roll covering with the cut off top. These are nice for either luncheon or when traveling, and cold cooked lobster, cut in dice and mixed as above, may also be used.

Ham Sandwiches.—Chop fine cold, boiled ham, and mix with the yolks of raw eggs, a little pepper and mustard and spread between thin slices of bread and roll up in a roll like a napkin. Or add melted butter and cream to the chopped ham until

smooth like a paste, omitting the egg. Season well with salt and pepper and spread between buttered slices of bread. Some chop the ham *very* fine, season with tablespoon each olive oil and lemon juice and a little cayenne and mustard, then rub through a sieve and spread between the slices. A nice way of making



Ham Sandwiches.

sandwiches when ham has to be boiled for the purpose instead of using cold remains, is to chop it very fine while yet warm, fat and lean together, with an equal quantity lean veal, boiled or roasted; rub dry mustard with it to taste, with a pinch of cayenne, and a clove of garlic chopped, greatly improves it; add as much sweet butter as would be spread on bread for sandwiches and mix well; have some cold soda biscuit; cut in two and spread the mixture between, or use muffins instead, or bread may be used. These are very nice for a picnic or festival table, and not half the work of those made in the usual way, as it saves buttering the bread.

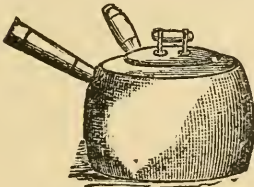
Lunch Sandwiches.—Chop sardines, ham and a few pickles quite fine; mix with mustard, pepper, salt, vinegar, and catsup if liked; spread between bread nicely buttered. Cut crosswise.

Mixed Sandwiches.—Chop fine some cold boiled ham, a little fat with the lean; add equal part tongue and chicken also chopped fine; make a dressing of a half pound butter, three tablespoons salad oil, three of mustard, yolk of one egg, and a little salt; mix well together and spread smoothly on thin slices of bread. Ham alone may be prepared thus. Either mixtures very nice.

Reception Sandwiches.—Take equal quantities of the breast of a cold boiled chicken and cold boiled tongue, chop very fine, so fine in fact that the separate particles cannot be distinguished, add a half teaspoon celery salt, a pinch of cayenne, teaspoon anchovy paste and four tablespoons mayonnaise dressing. This quantity will be enough to season the breast of one large chicken and an equal quantity of tongue. When perfectly cold, spread some thin slices of buttered bread with this mixture. Or take a few small leaves of lettuce, dip each leaf in a little tarragon vinegar, shake it, and place it on a slice of bread; spread a layer of the prepared meat over the lettuce, then another leaf of lettuce over the meat, and add other slice of bread, trim off the crust and cut each sandwich in two. Ham and veal make a nice *Salad Sandwich*. The meat may be spread on the bread and the lettuce in the center, if preferred. Nicer not prepared till ready to serve. Some prefer to pound the meat, after chopping coarsely, add lump of butter and season with salt, pepper, nutmeg and ground mace, instead of the mayonnaise. Spread this paste on thin slices of buttered bread, cut square, put two together, and cut again crosswise into triangles, which form on dishes into any fancy shape and send to table.

MUSH.

The growing popularity of the various mushes as a breakfast dish demands that the different ways of preparing, serving etc., should be well known to every housekeeper. They are either boiled or steamed and for the finer meals as Graham, gluten, rye, etc., the nicer way is to cook in a custard kettle, rather than an ordinary one



Custard Kettle.

as most of them require long cooking. The inner kettle can be placed on stove while the meal is being added in order that the salted water may be kept *boiling* all the time, as this is very important, for the meal must be scalded at once and commence to cook *immediately* and if the water ceases to boil, meal

must not be added till it boils again. When thick enough, stir for a few minutes to prevent settling in a mass at the bottom, then place in outer kettle for three or four hours. Only a small quantity must be stirred in at a time, sifting slowly through the fingers, as if it thickens too quickly the meal cannot thoroughly cook and the mush will have a raw taste and also be lumpy; this is especially true of corn meal. Mushes should be stirred as little as possible after all the meal is added, as stirring breaks up the particles and frees the starchy matter rendering the mush a pasty-wax and destroying the light, spongy, delicate appearance it should present; and for this reason cooking in a custard kettle is better for the finer meals except corn meal; that can be thus

cooked, only it is generally made in too large a quantity, and so making in an ordinary kettle and baking as given in recipes recommended. Covering and placing on back of range on top of bricks will enable any mush to cook slowly without fear of burning. Some make in a kettle and then put in a pan and place in steamer. Different sizes of hard-wood paddles should be kept with which to stir mushes, and great care must be taken that the latter are not lumpy. For the coarser grains as oatmeal, cracked wheat, hominy, etc., some process of steaming is best as they are better not to be stirred; the patent steamer, custard kettle or a tin pail, or even a strong muslin sack placed in a kettle of boiling water, may be utilized. Just before serving any mush, some stir in a piece of butter, or a spoonful or two of cream and a pinch of sugar. The coarser grains may be soaked overnight in cold water, keeping covered, then steaming in same water; but the flavor is somewhat impaired by so doing. If not soaked, they can be mixed with either hot or cold water but will cook quicker if with cold. We give below a table, showing proportions and time of cooking in patent steamer. A custard kettle or tin pail would require half again as long. In steaming always keep the water boiling rapidly and serve the moment steamer is removed from fire, else water will collect. As tastes vary in the thickness of mush liked, one can add to, or take from the quantity of water given, only remembering that it should not be too thick, nor so thin as to spread much when served. If fruit is to be added it is always better to cook it separately in a very little water and stir in just before serving. Fruit juice or sauce, or cream and sugar, or butter and syrup may be served with mushes, making a most palatable breakfast dish either as a first or last course. All the mushes and steamed grains can be fried when cold either by single-breading and frying like Fritters, or simply roll in flour or corn meal, letting the pieces lie in it a while to become well coated, or neither bread nor flour the slices. The frying by immersion is much the nicer way but some fry in just enough butter, or any fat liked, to prevent burning. Either makes a delicious breakfast dish. A quart of cold mush makes about a dozen slices or rings, but the rings are much handsomer when served, and are made by putting the hot mush in round cans, as described in Corn Meal Mush. By adding a batter of milk, eggs, a little flour and pinch of salt, to any cold mush or steamed grains delicious *Griddle Cakes* will result, or using a stiffer batter,

Rolls, Gems, etc., can be made. For best meals to buy see *Marketing*, and for their care, *The Store Room*.

GRAIN.		WATER.	TIME.
Pearl or crushed barley.....	1 cup	2 cups	3½ hours.
Coarse hominy.....	1 "	4 "	4 "
Fine ".....	1 "	3½ "	4 "
Samp.....	1 "	4½ "	2½ "
Cracked wheat or Wheaten Grits.....	1 "	3½ "	4 "
Oatmeal.....	1 "	4 "	3 "

Cerealine Mush.—This is made from a preparation of corn known as cerealine or shredded maize, and a number of other nice dishes are also made from it, as griddle cakes, rolls, muffins, etc., using it in place of flour or meal. For the mush or porridge, take one quart milk or half milk and water, salt to taste, and when boiling thicken with one pint cerealine, cooking three or four minutes. Serve hot, or better cold; dot the top of dish with bits of currant jelly or any kind liked, and eat with cream and sugar. For *Fried Cerealine* use equal quantities cerealine and water, two tablespoons butter and teaspoon salt. When cold, slice, dip in salted beaten egg, then in dry cerealine, and fry as directed in preface.

Corn Meal Mush.—For the best manner of preparing meal see page 32. Some prefer the yellow variety, others the white; put four quarts fresh water in a kettle to boil, salt to suit the taste; when it begins to boil stir in one and one-half quarts meal in the manner as directed in preface, sifting it in a little faster at the last, until as thick as can be conveniently stirred with one hand, let cook five minutes stirring constantly; set in the oven in a kettle or take out into a pan, bake an hour or two, and it will be thoroughly cooked. It takes corn meal so long to cook that it is very difficult to boil it until done without burning; hence *Baked Mush* is much easier made. For stirring use a hard-wood paddle two feet long, with a blade two inches wide and seven inches long. The thorough cooking and baking in oven afterwards takes away all the raw taste that mush is apt to have, and adds much to its sweetness and delicious flavor. Some brush the inside of kettle over with lard or drippings before adding water, thinking it lessens the tendency to burn, and the mush does not adhere so to the kettle, causing a waste. After mush is made, instead of baking, the kettle can be covered and set on back of range as directed. For *Philadelphia Mush* put two quarts water in kettle, when boiling; stir in slowly a little at a time of the following mixture: one quart each corn meal and cold milk or water, and level tablespoon salt, beaten to a smooth paste. Let cook twenty-five minutes, stirring often; or is better placed on the bricks or in oven, when it will not need to be stirred, and should then cook

an hour or more. Serve with cream or milk, and buttermilk is liked by some. A little flour is sometimes added to mush. For *Fried Mush* take from any of the above preparations when ready to serve; place in a crock, pan or a round can (baking powder can is nice) first rinsed with cold water or slightly greased; and some after smoothing the top brush over lightly with a little melted lard or butter to prevent a crust from forming. When cold, cut in rings (slices from the round roll from can) or in slices from pan and fry as directed; if wished very crisp, slice thin and fry in little fat in the frying-pan. In making corn meal mush as well as all mushes that are stirred, the one *important rule* is to have water *boiling*, for this reason a good fire is necessary, and *keep it thus* while sifting in meal; as unless the meal is *cooked* as it is stirred in, no amount of after cooking will take away the raw taste.

Gluten Mush.—Put inner kettle of custard kettle on stove with three pints water, and when boiling sift in, as directed in preface, one pint gluten. When ready, place in outer kettle and cook four or five hours. This is one of the most delicate of mushes, and is made of what is known as dark gluten; the light gluten being used more especially for puddings.

Farina Mush.—Stir into three pints boiling water half pint farina. Cook as directed in any of the recipes for Graham Mush, adding the spoonful or two of cream as directed in preface.

Graham Mush.—Use what is known as No. 2 Graham, being ground a little coarser than No. 1. which is used for bread. Make like Gluten, except take a heaping pint to three pints water, and it need not cook more than an hour in custard kettle, but longer boiling greatly improves it. Or make in an ordinary kettle; when done place on back of stove, or take out in pan and place in steamer for three or four hours and serve. Some make in saucepan and cook from fifteen to twenty minutes after meal is added; set off fire a few minutes, as it will then be less likely to adhere to pan, and serve. A few dates or raisins may be stirred in ten minutes before it is done: or if steamed as above, either in custard kettle or patent steamer, add them when the mush is ready to be placed in outer kettle or steamer. Serve hot, or for *Molded Graham Mush* pour in cups and serve cold. May be fried as directed.

Granula Mush.—This is a preparation of wheat which makes a very wholesome and palatable mush, and as it is already twice cooked does not take long to prepare. Put one quart water in saucepan, salt to taste, when boiling sift in one scant pint granula as directed; cook five minutes and serve. Milk or half milk and water may be used. Too much cannot be said in praise of this.

Rye Mush.—Make in saucepan or ordinary kettle as Granula, except take one pint to a quart water, sifting in as directed. Cook

ten minutes, stirring constantly, and serve. Use the meal, not the flour; the latter is used for bread, although some prefer the meal both for mush and bread.

Hominy.—There are several kinds, the Hulled Hominy, which we give in vegetables and the *Coarse Hominy*, which is cooked as Cracked Wheat except taking a pint to three pints water. The *Fine Hominy* or *Grits* is cut in smaller pieces and cooked as above, some using less water. The addition of the tablespoon or two of cream, as directed in preface, is especially nice for hominy and barley. *Samp*, which is the third variety and is cut very much finer than the grits, is cooked in same way, taking a pint to two quarts water, and will steam in about three hours; or either kind may be simply cooked an hour in an ordinary kettle, and is nice either warm or cold with cream and sugar, or may be served as a vegetable with any meat. A much-prized dish is *Fried Hominy*; slice when cold and fry in frying pan or on a greased griddle. Frying like Fritters is not so nice for the coarse grains, as they crumble so easily.

Oatmeal.—To be wholesome this must be *well cooked*, and not the pasty, half-cooked mass sometimes served. There are a few persons with very delicate digestive powers who should only eat the Pearled Oatmeal (the outer husks of the grain being irritating). This and the Rolled Oatmeal are better for mush, while the finer, almost a flour is better for cakes, rolls, etc. When made in ordinary kettle have three pints boiling water, and stir in slowly cup of oatmeal (some wet it before adding), season with salt and boil an hour; if too stiff add more hot water, or if too thin cook longer. But it is better cooked in a custard kettle, when cook as Gluten Mush, using one pint to two quarts water, sifting slowly into the salted, boiling water as directed in preface, and placing in the outer kettle for three or four hours. For *New York Mush*, mix half pint oatmeal in quart boiling milk in custard kettle, add quart boiling water and cook an hour and a half, season with salt and serve. Or *With Onions*, cook till tender one sliced onion in one quart milk, add half pint oatmeal mixed smooth in half pint milk; cook an hour, season and serve with meat. For *Jellied Oatmeal* boil in custard kettle three heaping tablespoons meal in quart milk two or three hours. A few raisins, stoned dates or fresh fruit may be added; cool in cups and serve with fruit juice or cream and sugar. For *Steamed Oatmeal*, add half pint to one quart cold water and tea spoon salt, place in pan and steam in patent steamer or in steamer over a kettle of water or in a custard kettle from three to five hours. This is the easiest and best way of cooking oatmeal.

MUSHROOMS.

Although considerable prejudice exists against mushrooms because of the difficulty hitherto experienced by some in distinguishing between the edible and poisonous kinds, it is considered by many one of the greatest delicacies of our tables, and its richness in nitrogenous elements renders it one of the most nutritious of vegetables. In Europe at least fifty varieties are grown and used as food. For directions for selecting mushrooms and distinguishing between the edible and poisonous varieties see Marketing. Those, however, who are not skilled in detecting the character of mushrooms should apply still further tests. Sprinkle salt in the spongy part or gill of the mushrooms, and if they turn yellow they are poisonous, but if the salt turns them black they are good; allow a little time for the salt to act before deciding as to the color produced. Another simple and efficient test is to cook a peeled white onion with the mushrooms; if it turns black they are poisonous and should be thrown away. If a silver spoon used in stirring them turns black they should also be rejected. Another simple test, claimed to be sure, is to rub a gold ring over the skin of the mushroom until bruised; should the bruise turn yellow or orange color the mushroom is poisonous, but otherwise can be safely cooked. Mushrooms should be carefully looked over before cooking and either wiped all over with a flannel cloth, which some first dust with salt, or shaken about in cold water, to free them from all dirt and grit. They are cooked in a variety of ways, and are always a favorite accompaniment with broiled steaks. They are also much used in warming over cold meats, recipes for which we have given

in that department. But they are not a necessity to any dish, and any recipes in Meats and Cold Meats can be prepared without them.

Baked Mushrooms.—The mushroom flaps are better for baking than the buttons, and should not be too large. Cut off a portion of stalk, peel top, and wipe mushrooms carefully with a piece of flannel and a little fine salt and put in baking dish tops down, with small piece butter in each; sprinkle over a little pepper, and bake about twenty minutes, or longer should mushrooms be very large, basting several times with butter and water. Have ready a *very hot* dish, pile the mushrooms high in the center, squeeze a few drops lemon juice over, pour the gravy round, and send to table quickly on *hot* plates. Or place the mushrooms on oval croutons, in baking pan; season with salt, white pepper, and lemon juice, and chopped parsley if liked, and cook in a hot oven five or six minutes, basting often with rich hot gravy in which a lump of butter has been melted. If a lump of butter is placed on each they will not need basting. Arrange croutons on dish, and pour the gravy over. Or leave stalks on large open mushrooms, paring them to a point; wash well and turn on sieve or cloth to drain. Put into stewpan two tablespoons butter, some chopped parsley, and shallots, and fry for a minute; when melted place mushroom stalks upwards on a frying-pan, then pour the butter and parsley over, pepper and salt them well, and put in oven; when done add little good stock, give them a boil, and dish them, pouring gravy over.

Broiled Mushrooms.—Cleanse as directed in preface, cut off a portion of stalk, and peel tops; broil them over a clear fire on buttered gridiron or broiler turning once, and arrange, tops down on very hot dish. Put a small piece butter on each mushroom, season with pepper and salt, and squeeze over them a few drops lemon juice. Place dish before fire, and when butter is melted, serve very hot and quickly. Some prefer to place the tops down when broiling, with a small piece butter and pepper and salt on each, and broil without turning, serving same side up as soon as butter is thoroughly melted, being careful not to spill from them the delicious juice with which they will be filled. Moderate-sized flaps are better for broiling than the buttons; the latter are better in stews. Another method is after skinning to lightly score the under side. Place in an earthen dish, baste with melted butter, season with pepper and salt and let remain two hours; then broil on both sides, and serve with a sauce of half pint melted butter, with teaspoon each minced parsley and young onions and seasoning of pepper and salt; just before serving add juice of a lemon. For *Broiled Mushrooms in Cases*, peel the mushrooms and cut into pieces. Put them in cases of buttered paper, with a bit of butter, parsley, green onions, and

shallots chopped up; salt and pepper. Broil over a gentle fire, and serve in the cases.

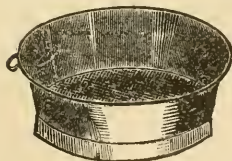
Curried Mushrooms.—Peel and remove stems from full-grown mushrooms, sprinkle with salt and add a very little butter; stew gently in a little good gravy or stock; add four tablespoons cream, and one teaspoon curry-powder, previously well mixed with two teaspoons white flour; mix carefully, and serve on a hot dish, with hot toast and hot plates. The large horse mushroom, when half or three parts grown, curried in this fashion, will be found delicious.

Fried Mushrooms.—Cut off most of the stem, peel the tops of the mushrooms and put in frying pan with enough hot butter to cover bottom of pan. The mushrooms shrink very much, but give out a gravy of the richest description, which should not be allowed to dry up in pan. When done—in three or four minutes—season with pepper and salt, and lemon juice if liked and if to be served with beefsteak place the mushrooms on top of steak and pour the butter and gravy over. They are also very nice served on toast with a gravy poured over made by stewing tablespoon flour with butter in frying pan, adding pint boiling water and seasoning of pepper and salt. Some prefer to fry them in sweet oil instead of butter. If fried too long they will be tough. For *Fried Mushrooms with Bacon*, fry the bacon as usual, and when nearly done add mushrooms and fry slowly until done. They will absorb all the fat of the bacon, and served with it, well seasoned with pepper and salt, form a most appetizing breakfast dish.

Pickled Mushrooms.—Choose nice young button mushrooms for pickling, as nearly of a size as possible, rub off the skin with a piece of flannel and salt, and cut off the stems; procure small ones if possible, but if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stew pan, sprinkle salt over them, with pounded mace and pepper in proportion of two blades mace and tablespoon ground pepper to each quart mushrooms; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with oil-cloth or buttered paper and cotton (see Jellies), and keep in a dry place; they will remain good for a length of time, and are generally considered delicious. Some do not like pepper in the pickle, and flavor with cloves, allspice and the mace. A little ginger is also liked by some, but do not use so much seasoning as to destroy the flavor of the mushrooms. Another way is to first boil the vinegar, adding the seasonings, then put in the mushrooms and let stand ten minutes over the fire but do not boil; then cool before pouring into jars.

Mushroom Catsup.—Mushroom catsup is best when made of large mushroom flaps, fully ripe, fresh, and perfectly dry—that is gathered during dry weather. If this point is not attended to the catsup will not keep. Do not wash or skin the mushrooms, but carefully remove any decayed, dirty or worm-eaten portions; cut off about half an inch from the end of the stems, then break the rest into small pieces, put them into an earthen jar, and allow three-fourths of a pound salt for two gallons mushrooms, placing in alternate layers, scattering the larger portion on top. Let remain all night, next day stir gently with a wooden spoon, and repeat this three times a day for two days. At the end of that time closely cover the jar and set in cool oven an hour or in saucepan boiling water and let boil three hours; then strain the liquid which flows from the mushrooms through a coarse cloth, and boil twelve minutes. Do not squeeze the mushrooms. To every quart of the liquid put a quarter of an ounce each ginger and black pepper, and a pinch of mace; some prefer cayenne pepper and add also half ounce allspice. Boil again till the quantity is reduced one-half. Pour out and let stand until cool, then put it into perfectly dry bottles, being careful to leave the sediment, which will have settled to the bottom, undisturbed. Cork and seal and keep in cool, dry place. When a very clear bright catsup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, after it has been very gently poured off; if the operation is not successful, it must be repeated until quite clear. The catsup should be examined occasionally, and if it is spoiling, should be reboiled with a few pepper-corns. Mushroom catsup is one of the most useful sauces to the experienced cook, and no trouble should be spared in its preparation. *Double Catsup* is made by reducing the liquor to half the quantity. This goes farther than ordinary catsup, as so little is required. The sediment may also be bottled for immediate use, and will be found to answer for flavoring thick soups or gravies.

Mushroom Sauce.—Rub a pint button mushrooms with a piece of flannel and salt to take off the skin; cut off the stalks and put them in a stewpan with two tablespoons butter, one of flour, pint of cream, a little grated nutmeg, and a blade mace, pounded, previously, mixing together the butter and flour; boil the whole about ten minutes, stirring all the time. For *White Mushroom Sauce* select three-fourths pint button mushrooms and turn them white by putting into lemon juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them and put in stewpan with a tablespoon butter. When the mushrooms are softened, add half pint bechamel sauce, and simmer about five minutes. They should not boil longer than nec-



Parce Selve.

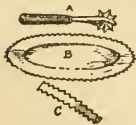
essary, or they will lose their color and flavor. Rub the whole through a puree sieve. Heat in a *bain marie* and serve very hot. Very nice with boiled fowls, cutlets, etc. For a nice *Brown Mushroom Sauce* to serve with roast meat, put a half pint good beef gravy in saucepan, thicken it and stir over fire till it boils. Prepare a half pint mushrooms by cutting off stocks and wiping free from grit and dirt; the large flap mushrooms cut into small pieces will answer when the buttons are not obtainable; put them into the gravy and simmer very gently about ten minutes; then add one tablespoon mushroom catsup and serve. Or put tablespoon each butter and flour in saucepan and stir over fire till light brown, then slowly stir in half the liquor from a can of mushrooms, about one cup, and also cup soup stock, broth or water, making consistency of cream; season palatably with salt and pepper and a very little nutmeg; put in half the mushrooms in even sized pieces, cutting if necessary, let sauce boil once, set off fire and add yolks of two eggs and two tablespoons flavored vinegar. For another excellent sauce often served with beefsteaks, drain a can of mushrooms from their liquor and fry in small frying-pan with a little butter; add pepper and salt, and when a light brown draw them to one side of pan, put in heaping teaspoon flour and rub it smooth in hot butter, still keeping pan over fire; when the flour has become slightly browned pour in the mushroom liquor gradually and a few tablespoons water. Shake in the mushrooms, let all boil up, squeeze in juice of a quarter of a lemon, and pour over beefsteak when ready to serve. For *Mushrooms with Drawn Butter*, stir into a half pint melted butter three-fourths pint button mushrooms, which must be nicely cleaned and free from grit, and stalks cut off. Let simmer gently for about ten minutes or until quite tender, add cayenne and salt to taste, a tablespoon mushroom catsup; let just boil and serve.

Mushrooms with Eggs.—Halve mushrooms; stew ten minutes in a little butter seasoned with pepper and salt and a very little water; drain and put them into pudding dish; break in enough eggs to cover them over the top, and scatter pepper, salt and bits of butter over; strew with bread-crumbs and bake until eggs are set. Serve in dish.

PASTRY.

Pastry constitutes the ornamental and artistic rather than the substantial part of the dinner bill of fare, and for this reason, ladies who would look upon bread making as drudgery, are proud of their success in making up dessert dishes.

There are a few rules which if observed will contribute to success. The butter or lard used should be sweet, fresh and solid. If it is necessary to use butter not freshly made, wash it well, kneading it under cold water two or three times, and then wiping with a napkin. To make a very nice paste for family use, reduce the quantity of shortening to a half pound to a quart of flour, especially when children or dyspeptics are to be considered. With the exception of Mince-pies and Pumpkin-pies, (which are warmed over before serving), all pies should be eaten the day they are baked. In warm weather, when not ready to bake immediately after making up paste, keep it in ice chest till wanted, several days if necessary, and, in any event, it is better to let it thus remain for one or two hours. Roll always with a *well-floured* rolling-pin, made of hard wood, smooth and highly polished, about an inch and a half in diameter and eighteen inches long. Cut off enough paste at a time for one crust, and make a fresh cut for the upper crust, using trimmings for the lower. For directions for lining pie-pans and covering see directions for Puff Pastes. A neat way of cutting and ornamenting



crust for an open pie is here illustrated; Figure A represents a paste-jagger, for cutting and ornamenting the edges, B is a plain circle of crust cut with the jagger, to fit the pie-dish, C is part of a strip of paste, which is cut with the jagger to lay around the edge of pie, and two or three of these strips may be placed one upon another, passing finger dipped in water

over each to make them adhere. To prevent juice of pies from soaking into under crust, beat an egg well, and with a bit of cloth dipped into the egg rub over the crust before filling the pies. It is a good plan to make Puff Paste for top crust, and for under crust use less shortening. Some wash upper crusts with milk just before putting pies in oven to brown them, but be careful not to wash the edge, as it spoils the appearance besides preventing the proper rising. When using green currants, pie-plant, gooseberries or other fruits which require juice to be thickened, fill lower crust, sprinkle corn starch evenly over, and put on upper crust, or sprinkle lower crust and fruit as in Berry Pies. This prevents juice from running over, and when cold forms a nice jelly. Do not sprinkle fruit with sugar until placed in the crust, as sugar sets the juice free. In all pies with top crust make air holes or crust will burst. These may be arranged in any fanciful shape, and are best made with the point of the bowl of an inverted teaspoon pressed *through* the crust while on the board, and gently drawn apart when taken up to put over the pie. *Meringue*, for pies or puddings, is made in the proportion of one tablespoon powdered sugar to white of one egg, with flavoring added, beaten well together, spread over top and browned delicately in oven. Never fill crusts until just before putting in oven. Always use tin pie-pans, since, in earthen pans the under crust is not likely to be well baked, and some use a perforated pie-pan. Bake fruit pies in a moderate oven, having a better heat at bottom than top, or the lower crust will be clammy and raw. When done, crust will separate from the pan, so that pie may be easily removed. Remove at once from tins, or crust will become "soggy." Some bake bottom crust lightly in oven before filling, and others after filling set on top of stove a few minutes before putting in oven, to hasten the baking of bottom crust. When the latter is baked, without first filling, it must be pricked well when put in pan to prevent blistering.

Short Paste is well adapted to lining the bottom of pie-pans, etc., as it is firmer than Puff Paste and holds together better. Hence, when making a great deal of pastry it is well to make a little Short Paste for all lining or bottom work, and use the Puff Paste for all top work. In using the latter cut out all tops first; use the trimmings for bottoms. It is a good plan to make two or three extra crusts on baking day, pricking well, to be used for Cream, Custard, or Lemon-pies, as wanted. When preparing pie-pans grease *slightly*,

using a little lard, oil or butter, or some think with proper care of the pans greasing will not be necessary. To avoid wasting flour brush the pastry board all off carefully each time it is used into a small sieve, sift out the flour and use again. Always have the board well floured, and in the making of Graham paste some prefer to mix rather soft and put plenty of graham on board and also on top of paste, then roll out to a little thicker than paste of white flour, and place in pan.. The set of measures are almost as much of a necessity in the making of pastry as in any other department of cookery, and by reference to the full table of weights and measures, any recipe can be readily made.



Set of Measures.

Cream Paste.—To a pint sifted flour, add an even teaspoon baking powder, and sweet cream enough to wet the flour, leaving crust a little stiff. Enough for two pies. For a richer paste allow rather more than a gill of cream with from four to six tablespoons butter and saltspoon salt for each pound flour, omitting the baking powder. Make a paste of the cream and flour, roll out and spread with butter, rolling again and spreading until all the butter is used. In making any paste have flour and wetting as cold as possible.

Economical Paste.—Take a pound flour, half pound clarified drippings (some use three-fourths pound) half teaspoon salt and half pint ice water. Chop and mix as directed in Plain Paste, then roll out and fold three times when it will be ready for use. Some add a little baking powder to the flour. Half lard and half drippings may be used.

Graham Paste.—Mix lightly pint Graham flour, half pint sweet cream, half teaspoon salt; roll, and bake like other pastry, remembering that lightness and quickness in handling is the one important step in making all pastes and where cream is used add it slowly



Artist's Spatula.

to the flour, stirring rapidly with an artist's spatula or spoon; when mixed, form together without kneading, using barely enough pressure to make the mixture adhere. Roll out, place in pan, fill and bake. What is known as No. 1, Graham will not need any sifting but the coarser varieties must be sifted. For *Quaker Paste*, take half pint each white flour, sifted, and No. 1 Graham, mixing as above with one-third pint cream and pinch salt; some add baking powder, a teaspoon and a half to above proportions, or half teaspoon soda and teaspoon cream tartar, sifting well with the white flour. Or sour cream may be used with a teaspoon soda,

or sour cream alone will make a most delicious, wholesome paste. Or for a *Batter Paste* take the above proportions of flour, Graham, baking powder, etc., with two-thirds pint cream or rich milk; have the fruit in pie-pan without under crust, spread over the batter, bake in a quick oven and serve hot. Some add heaping teaspoon corn meal to first recipe; if last two recipes are wished very delicate use corn-starch instead of white flour.

Hygienic Paste.—Take a piece of light bread dough, after it has raised the second time, roll out, spread with rather thin coat fresh, sweet butter, fold once and roll again as thin as liked for crust. If for Custard or Pumpkin-pies the butter may be omitted, but for top crust the butter should be used. Some make crust by working well into enough bread dough for one or two pies, a well-beaten egg and a little butter or drippings, and others use light, flaky biscuit dough. Or make a paste with buttermilk and flour, adding soda in proportion of level teaspoon to each pint buttermilk and a little salt. Use just enough flour to make a dough that will roll out, and bake in a rather slow oven. Even a dyspeptic can indulge in the luxury of a pie made in this way.

Oatmeal Paste.—Use fine oatmeal instead of the Graham, as in third recipe, mixing as directed and rolling out quite thin. Or after greasing the pie-pans sift over a layer of oatmeal or oatmeal and corn meal mixed; or for *Corn Meal Paste* sprinkle only with the latter. The last two pastes are only for pies baked with one crust, being used by some for Pumpkin or Squash-pies.

Plain Paste.—One coffee-cup lard, three of sifted flour, and a little salt. In winter soften the lard a little (but not in summer), cut it well into flour with a knife, some chop together in chopping bowl, then mix with ice-cold water quickly to a moderately stiff dough, handling as little as possible. This makes four common-sized covered pies. Take a new slice of paste each time for top crust, and after rolling out spread teaspoon butter over half, fold and roll again, being careful that the butter does not press out; use the trimmings, etc., for under crust. Some give the paste a second fold in the opposite direction after spreading with butter before rolling, and also claim that a little mashed potato may be mixed in the dough before rolling, to make the crust shorter when butter is not used. Some prefer to use only one-fourth as much lard or butter as flour, level teaspoon salt, and rub it into the flour with the hands until so thoroughly mixed as to look like meal. Add just enough water to make a dough that can be rolled out. If made with butter, this *Florida Paste* is one of the simplest and most delicious of pastry. For *Nantucket Paste*, take pound sifted flour, quarter pound each lard and butter, half pint ice water and little salt. Chop the lard fine in the flour, adding salt, mix with water, then roll out,

spread with butter, fold as above, roll out again, and so continue until all the butter is used. Some sift a *very little* flour evenly over the paste before spreading with butter, and others brush it over with beaten white of an egg. The paste is nicer with all butter instead of half lard, and it may all be mixed with the flour, or half reserved to spread and roll as above. Some use a quarter pound more flour. If for sweet tarts, add two tablespoons powdered sugar before rolling.

Potato Paste.—Take a quarter pound nice mashed potato, rub through colander and mix thoroughly with pint and a half flour, three tablespoons butter and a little salt; then mix all to a paste moderately stiff with cold water or milk, and roll. *Bean Paste* may be made same way. When used for pies, roll these pastes a little thicker than paste shortened with lard. Nice for boiled or steamed puddings. All, or half Graham flour may be used.

Puff Paste.—Only the best and freshest of butter, firm and solid, and of good flavor, and the finest quality of flour, thoroughly sifted, can be used successfully in making puff paste. The water used should be ice cold, and the quantity required depends upon the capacity of the flour to absorb it, which is quite variable; too little makes the paste tough, and too much makes it thin, and prevents the flakiness so desirable. The most perfect cleanliness of the hands and everything used is of course necessary. Handle as little as possible throughout the whole process, and let every touch be quick and light. A stone or marble slab is best for pastry, and one is usually fitted smoothly into the shelf of every well-appointed pantry and a glass rolling pin will be found desirable. Always make the paste in a cool place, in warm weather near an open window if possible. Good puff paste is that which rises highest, is lightest, and which contracts but little in rising. Puff paste, the flakes of which can be pushed off whole, or which, in the rising, is considerably smaller on top than bottom, is not good. To make *Good Puff Paste*, take three-fourths pound butter, of the best quality, free it from salt, by working it in water, form in a square piece, and place it in flour in a cool place for half an hour to harden; place one pound sifted flour in a bowl, rub two tablespoons butter well into the flour and wet into dough with cold water, using about a scant half pint, making it as nearly as possible the same consistency as the butter, so that the two will roll out evenly together; place the dough on the pastry slab, dust it under and over with flour, and roll it out in a piece say twelve inches long and six wide; flour the butter well, and roll that out in a sheet two-thirds the thickness of the dough, about eight inches long and five wide; this will cover about two-thirds of dough, leaving one-third of dough, and about half an inch around the sides and top edge, without butter; place the sheet of butter on dough, mix a half teaspoon cream tartar with tablespoon flour, and sprinkle it evenly over the butter; now fold the dough not covered

with butter, over on the butter, then fold the other part with the butter on it, over on that, forming three layers of dough and two of butter. Press the rolling pin over the edges to keep them together and roll out to its original size, dust with flour, fold as before, roll out again, dust with flour, and fold again; repeat twice more, giving it four rollings and foldings; when rolled out for the last time, cut it through in two even pieces, place one on the other, and the paste is ready to roll in any shape desired. In rolling, the first move with the pin will be to push it down on the dough three or four times, just hard enough to make an indentation without breaking the dough, and thus allowing the butter to come through. Next lay the pin levelly on, and give it a roll forward, commencing about two-thirds down; then, without removing the hand from pin, bring it back right down to the bottom; repeat this, then reverse the piece, and give it a roll the wide way. Continue this until the paste is rolled to a sheet twice the length of its width as above, keeping it nice and square. Be very careful and roll level, never pressing heavily but exercising equal pressure on each end of the pin, which must be kept well dusted with flour. In warm weather it is necessary to place it in a cool place after every second rolling; in very warm weather after each rolling, and sometimes on ice. The number of rollings and foldings must depend somewhat upon the quality of the butter, but more upon the evenness of the rolling. To ascertain when it has been rolled enough, cut a piece out of the center, and if the layers of dough and butter can be *easily* distinguished it needs to be folded and rolled again; if the layers are almost imperceptible, do not fold again, though it is better to give one fold too many than one too few. If making a quantity of paste, say three or four pounds, after the last rolling cover it with a cloth and cut from it as wanted. Some cooks prefer not to give the last fold to the whole piece, but roll out and fold as required, giving that designed for tarts or upper crusts two or three extra foldings and rollings to make it more flakey. The French roll only half a pound at a time, and a small quantity is much more easily handled. For a *Rich Puff Paste*, take a pound of butter to each pound sifted flour, the butter should have first been folded in a floured napkin and gently pressed to remove all moisture; if it seems milky or too salt the butter must be washed, and if it is properly salted no salt will be needed in the paste. When necessary to use salt allow a teaspoon for each pint water. Place the flour on board, make a well in center, squeeze in juice of half a lemon, and add yolk of one egg, beaten with a little ice water; stir with one hand and drop in ice water with the other until the paste is as hard as the butter; roll out in a smooth square an inch thick, smooth sides with a rolling pin, roll the butter out and spread over half the paste, and lay the other half over like an old-fashioned turn-over; leave it for fifteen minutes in a cold place, then roll out in a long strip, keeping the edges smooth, and double it in three parts, as fol-

lows: Fold one-third over on the middle third, roll it down, then fold over the other outside third, roll out in a long strip and repeat the folding process—rolling across this time so that the butter may not run “in streaks” by being always rolled the same way; let it lie for fifteen minutes, some put on ice, and repeat this six times, allowing fifteen minutes between each rolling to cool, (otherwise the butter will “oil”), and the paste is ready for use. If a very flaky pastry is desired brush the paste over each time it is rolled before folding, with beaten white of egg. What is known as *French Puff Paste* is made with same proportion of ingredients as above, adding another yolk of egg when mixing the first dough; then roll it out square about half an inch thick; have the butter as cool as possible, make it into a ball, and place this ball on the paste; fold the paste over the butter all round, and secure it well. Flatten by rolling it lightly with the rolling pin until it is quite thin, but not thin enough to allow the butter to break through, then fold, roll and finish as above.

If the directions given in above recipe are carefully followed, the most satisfactory results will be obtained, but there are other methods, which are incorporated under the following general *Suggestions for Puff Paste*. The secret of success in making puff paste is to secure the greatest possible number of even layers of butter and dough, alternately, as the result of folding and rolling. This is best accomplished, as will readily be perceived, by increasing the quantity of butter; the more one uses, the greater the number of layers before the butter is exhausted by absorption into the dough. On the other hand, too much butter produces equally bad results; a quantity of butter equal to the flour is the most, and three-fourths pound of butter to a pound flour the least, that can be used in puff paste with good results. In making puff paste it is a mistake to suppose that lessening the quantity of butter is economical. For instance, Tart Shells cut one-fourth of an inch thick from paste made with half pound butter to a pound flour, will not be any thicker or higher when baked than those cut from paste half as thick made with three-fourths pound butter to a pound flour. Thus, by using one-fourth more butter double the bulk results, besides the satisfaction of having good light pastry. In washing or egging pastry be careful not to allow the egg or milk, or whatever is used, to run down over the edges, as when it is placed in the heat of the oven, it will bind the edges and prevent them from opening fully. In rolling use the rolling-pin as lightly as possible, and take care that the pressure is even. The layers will be even or uneven just in proportion as the pressure is even or uneven. Be careful not to break the dough, or the butter will be forced through, and thus destroy the evenness of the layers. If the dough breaks, some flour it lightly, fold in three layers, cover with a damp cloth and let stand an hour or two. But if wanted to use immediately, cover the broken place with a piece of “plain dough,” dust it well with flour, and continue rolling; it is well to

keep a piece of plain dough in reserve for this purpose. Before adding the butter some divide it into three equal parts, spreading one-third at a time over half the paste, turning the other half over it, then folding over from the other way; roll and spread and fold again, and yet again, when all of the butter will have been used. Some "spread" the butter by rolling as in above recipes, others by putting it evenly over in small bits, and still others by cutting in slices and laying them closely and evenly over, always leaving a little outside margin. Each time before the paste is folded it should be turned half round, so as to roll in a different direction. To turn the paste, hold one end to the rolling pin, then, rolling the pin, the dough will fold loosely around it, sprinkle the board with flour, then unroll the dough in the side direction. This is better than to turn it with the hands. After the butter is all worked in, roll the paste out in a long smooth strip, fold or lap over into three parts or layers, roll out, and repeat. Before using, some place the paste on ice about fifteen minutes between two plates, reversing them once that it may be thoroughly chilled through, then use as expeditiously as possible. Others also set it on ice or in a cool place for a few minutes after each rolling. To toughen the dough, before adding the butter form it into a ball, flatten it on the floured slab and beat with the rolling pin five minutes, turning and doubling constantly. There will then be less danger of its breaking when the butter is rolled in. Some add the well-beaten white of an egg to the water used in mixing the dough, which helps to toughen it. Paste made the day before it is used is thought by some to be much better and easier to manage, and in winter it may be kept four or five days in a cold place, using from it as required, but it must not freeze. When ready to use, finish the paste by folding in three layers and rolling as above; some fold and roll thus seven times but *never* press heavily upon it with the rolling pin. In using the paste remember that it must be touched by the lightest fingers, every cut must be made with a sharp knife, and done with one quick stroke so that the paste is not dragged at all. For tarts roll less than a quarter inch thick and for pies a trifle thicker. Do not *press* the paste into the pan as this will destroy its lightness and ruin it. A little practice will enable one to cut off a piece of paste from the mass which when rolled will be very nearly the right size. Put this over pan, lifting by partly rolling on the rolling pin, and instead of pressing round the bottom to make it fit smoothly, gently lift the edges at the top giving a slight pushing motion towards the center with the palms of the hands on opposite sides; it will easily adjust itself to the dish. Some then trim off superfluous portions, leaving a good margin over the edge, though others do not trim until the top crust is added, cutting the paste quickly with a sharp knife dipped in hot water or flour, while holding the pan on the left hand. To have the middle of the crust thinner than the edge, which is preferred by some, double over

the paste and roll the part that will be the middle with the end of rolling pin, having flour enough about the paste to prevent sticking, then open and put in pan as directed. Always before putting on upper crust wet rim of lower with finger dipped in water, or with a thick paste of flour and water, or egg and flour and press the two crusts firmly together and indent evenly all round with the thumb, or use the pastry wheel shown in cut.



Pastry Wheel.

This simple little instrument trims off the surplus paste that projects over the pan, and at the same time neatly ornaments the border. Do not put in oven until it is hot enough to raise the paste; puff paste requires a quick oven, and no matter how carefully prepared, if not properly baked it will be utterly ruined, and for this reason it is best to test the oven by first baking a little piece of the paste.

Medium Puff Paste.—One pound flour, half pound butter, quarter pound lard, not quite half pint ice water; mix the flour and water to a smooth paste, then roll out three times, spreading the first time with butter, the second with lard, and the third with butter again, when it will be ready for use.

Sweet Paste.—Mix with a knife half pound butter, cut in bits, with pound flour, four tablespoons sugar and pinch of salt; add enough sweet milk, about a gill, to form a smooth paste, handling lightly. Will rise very light and should be baked a delicate brown. Adding two tablespoons more butter makes it nearly as nice as puff paste. Some add the well-beaten yolks of two eggs, stirring them in the milk, using about a gill of the latter, though if eggs are large not quite so much will be needed, but more if eggs are small. For another *With Boiled Milk*, to every pound flour allow four tablespoons sugar, three of butter and a half pint boiling milk. Crumble butter into flour as finely as possible, add sugar and work to a smooth paste with the boiling milk. Roll out thin and use.

Pastry Frosting.—Beat the white of an egg to a stiff froth and when pastry is nearly done brush over with this, using the pastry brush for the purpose and sprinkle with granulated sugar and a few drops water returning to oven a few minutes to set the frosting, taking care that it does not brown or scorch.

Pastry Glaze.—The simplest glaze is the thoroughly beaten yolk of an egg, but most cooks prefer to add to the yolk twice its bulk in water and teaspoon sugar, then beat up well, and just before pastry is done, brush it over evenly with this and return to oven to set the glaze, which gives it a rich yellow-brown color.

Dried-Apple-pie.—Wash two quarts dried apples and place in a four-quart jar or bean pot; wash half pint cranberries and put in

with the apples, fill up with cold water and bake half an hour; fill up again with cold water and bake till apples are tender; rub all through colander, sweeten to taste with brown sugar, add cup seeded raisins, teaspoon ground cinnamon and bake between two crusts. When making dried-apple-pies if any bits of cold meat are at hand, chop them as for mince-meat adding about twice as much of the prepared apples as meat, a little vinegar or boiled cider, seasoning and spices to taste and a few raisins. These *Cottage Pies* are very quickly made and much resemble Mince-pies. For *Turnovers*, make a good biscuit dough, roll thin about size of pie-pan, put on it a tablespoon nice dried apple sauce, or any other kind, turn the crust over, cut with the edge of saucer to shape it nicely, and fry in hot fat or drippings, like doughnuts. Or make of Quaker Paste, about the size of saucer, fill as liked, fold and bake in oven.

Grated-Apple-pie.—Grate two tart apples and add cup sugar, two eggs, teaspoon cinnamon; beat well and stir in cup sweet milk; bake quickly in one crust. The whites of egg may be reserved for meringue. Or to enough grated apple for a pie add juice of half a lemon, yolks of two eggs, well beaten, half cup sugar, good-sized piece of butter, melted, and teaspoon rose-water. Bake and cover with a meringue. The apples may be chopped if preferred. *Sweet-Apple-pie* is made same, using half as much sugar; or the eggs, lemon juice and rose-water may be omitted and nutmeg grated over the top. Some always add a little milk.

Halved-Apple-pie.—Pare and cut in halves large tart apples, bellflowers are best, remove cores and place in rich crust, cut side up. Allow cup sugar and tablespoon butter to each pie, strewing sugar over, and also the butter cut in bits. Bake in one crust until apples are done and serve with cream. Rich and delicious.

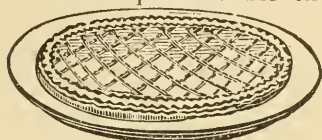
Lemon Apple-pie.—One cup chopped apples, grated rind and chopped pulp of one lemon, cup sugar and a well-beaten egg. Bake in two crusts, or one and cover with a meringue.

Apple-Custard-pie.—Beat yolks of six eggs with cup sugar; add three cups cold stewed and pulped apples with a quart milk, or pint each cream and milk, season with grated orange peel, or as liked, beat in whipped whites of eggs last and bake in one crust. Makes two or three pies. Or in either recipe reserve some of the whites of eggs for meringue. Baked in pudding dish, this makes a delicious *Apple-Custard Pudding*, and the dish may be lined with pastry, bread-crumbs, or slices of bread dipped in sweet milk or a custard; or put the crumbs and apple mixture in dish in alternate layers. For an *Apple-butter pie*, beat well together four eggs, cup each apple-butter and sugar, and level tablespoon allspice; add quart sweet milk and pinch of salt and bake in one crust; makes three pies.

Banana-pie.—Slice three or four bananas and enough apples to fill the pie, sprinkle sugar over and cover, spreading a little butter over top crust and sifting sugar over. Bake about twenty min-

utes. Or peel three or four bananas, slice each in two or three pieces lengthwise and place in the pie two layers deep, cover moderately with sugar, drop a blade of mace broken in pieces and bits of fresh butter over the slices, pour in four tablespoons lemon juice, and bake in one crust in moderate oven twenty minutes.

Berry-pie.—Allow two heaping tablespoons sugar and teaspoon corn-starch, or tablespoon flour for each pie, mix thoroughly together, and after lining pie-pan with a good paste, sprinkle one tablespoon of the mixture evenly over bottom, put berries in smoothly, sprinkle over remainder of sugar mixture, and if wanted very rich, bits of butter also, cover with upper crust and bake in moderate oven. A little more sugar or flour is needed for some kinds of berries than others, according to their tartness or juciness. Cranberries will require double the above quantities, and are nice baked



Diamond Top.

with a *Diamond Top* made as follows: roll a piece of nice paste very thin, cut into strips a sixth of an inch wide and place in cross-bars three-quarters of an inch apart over each pie, making diamond-shaped spaces; pinch down the ends, trim off dough, cutting close to rim of pan, and place around the edge, the strip of paste cut with the jagger, as illustrated in the preface; a handsomer cover is made by also cutting the strips for the top with the jagger. The diamond top is very nice for any berry or fruit pie. Berry-pies are best served cold, unless directed otherwise in recipes. For *Canned-Berry-pies*, if the berries are put up with sugar, they will not need any more sweetening, and little if any flour or corn-starch, though this will depend on quantity of juice used. If canned without sugar, follow first rule. *Dried-Berry-pies* can be made to rival fresh fruit in flavor by putting the berries in without stewing. Sprinkle bottom crust with sugar mixture as above, then put in smoothly as many berries as will be required to make a full pie when done, remembering that they swell fully a third in cooking, sprinkle over rest of mixture and add water in same proportion as if stewing the fruit, cover with crust and bake. Or first stew the fruit and proceed as above. Two dried fruits combined, as raspberries and blackberries; or raspberries and apples; or with larger fruits, peaches and apples make a palatable pie.

A wise authority on cookery has said "Never spice either fresh or dried fruits, lest you destroy their flavor; if it is desirable to heighten the flavor of any fruit in pies, sauces etc., add juice from another fruit. For instance, flavor apples with pine-apple or quince; strawberries with orange or pine-apple; or raspberries with currants."

Carrot-pie.—Thoroughly clean and scrape some carrots, boil till tender and mash through a sieve. To a pint strained pulp and six well-beaten eggs add three pints boiling milk, two tablespoons melted butter, juice of half and grated rind of whole lemon, and

sugar to taste. Bake in deep pie-pan in one crust. Or make like Pumpkin-pie, which it resembles.

Creamless Pie.—Use yolks of two eggs, two-thirds cup sugar, half cup flour and one pint milk; mix eggs, flour and sugar thoroughly and stir into milk when it boils; flavor with lemon or vanilla. Bake a crust, pour mixture in, and place in oven fifteen minutes; make a meringue of the whites of eggs. A cup raisins may be added to either of above, if flavor is liked.

Whipped-Cream-pie.—Cover a buttered pie-plate with Puff or Short Paste rolled very thin, and cut off about an inch from the edge all around the plate. Spread over very evenly a thin layer of cooked paste made as for Boston Cream Puffs, page 80. Put a tube,



Meringue Bag.

measuring about half an inch in diameter, in meringue bag, turn remainder of cooked paste into the bag and press it through the tube on to edge of plate, where the puff paste has been cut off, making the border of equal thickness all round. Prick holes in the paste in center of plate, and bake half an hour in moderate oven. Make the paste left in bag into balls about half the size of walnuts. Drop them in lightly buttered pan and bake fifteen or twenty minutes. While baking, put half cup each water and sugar in small saucepan, and boil twenty-five minutes. When the balls and plate of paste are done, take the balls on point of skewer or large needle, dip each in the syrup and place them on border of paste about two inches apart. Do not stir syrup or it will grain. A part of the syrup may be poured into a small cup, which place in hot water and use, while that remaining in saucepan is kept hot until needed, but it must not boil. When all the balls have been used, dip a dozen and a half French candied cherries in the syrup and stick them between the balls, reserving about half a dozen cherries with which to garnish center of cake. For the filling, whip half pint cream to a froth; soak half ounce gelatine two hours in scant third cup milk, then pour on this, third cup boiling milk. Place pan of whipped cream in another of ice water, and sprinkle over it quarter cup sugar and half teaspoon vanilla. Strain gelatine on this, and stir gently from the bottom until it begins to thicken. When it will just pour, fill plate with it, and set in ice chest for half an hour. Garnish top with the remaining cherries, and serve. A delicious pie and a very ornamental dish.

Green-Currant-pie.—Fill the crust half full of currants, and add half cup sugar, tablespoon butter, and a little ground cinnamon if liked; fill up the plate with currants, add nearly half cup more sugar, and cover with a crust; bake half an hour in moderate oven. If too sweet, use less sugar. *Ripe-Currant-pie* made in same way, using less sugar; and to take equal quantities currants and

either black or red raspberries, make a delicious pie. Some simply stem, stew and mash the currants through a sieve, sweeten to taste while hot, and when cool bake in one crust. Make *Cranberry-pie* same, preparing berries the same as for cranberry sauce. For *Dried-Currant-pie*, take the large English currants, cleanse carefully, and stew in plenty of water. Sweeten, and thicken with flour till of consistency of rich cream. Bake in two crusts. Very good.

Custard-pie.—Heat a quart good rich milk in a tin pan set in skillet of hot water; beat four or five eggs with four large table-spoons sugar, and a little salt, and pour in the milk; flavor to taste and have oven hot, when put in to bake. Cook slowly so as not to boil, as that spoils it; test with a knife and when done it will not stick to blade. Make one *very* deep pie, or two of ordinary depth. Without the crust, this makes a delicious *Baked Custard*. Some when they both cook the custard, and bake the crust first, fill and cover at once with a meringue and only bake long enough to delicately brown the top. Pies may be made without first cooking the custard, and the crust may be pricked and baked, but not too hard, before filling. This prevents it from becoming soggy. Reserve white of one egg for frosting, if liked. Less eggs may be used by substituting tablespoon corn-starch for each egg omitted, but when this is used the custard must always be first cooked. For a *Raspberry-Custard-pie* stir in a handful fresh raspberries, or enough for one layer, just before baking; they will float on top and form a pleasing change. Any berries may be used. For a *Jelly-Custard-pie*, beat yolks of four eggs with cup sugar and two tablespoons butter; add cup of any jelly preferred and lastly the beaten whites of eggs and bake in one crust; making a meringue of whites of eggs and spreading over top, if liked. For a *Chocolate-Custard-pie*, take one-fourth cake Baker's chocolate, grated; pint boiling water, six eggs, quart milk, half cup white sugar, two teaspoons vanilla; dissolve chocolate in very little milk, stir into the boiling water, and boil three minutes; when nearly cold, beat in yolks of all the eggs and whites of three; stir this mixture into milk, season, and pour into good paste; when about half done, spread over the remaining whites whipped to a froth with three tablespoons sugar. Some use three pints milk, omitting the pint water. Makes three ordinary pies or two deep ones. It is better for Custard, Cream and Pumpkin-pies to use deep pie-pans, as directed in Berry-pies and use in same way.

Deep Fruit Pie.—Line the edge of a deep, oval, earthen pie-dish with paste and about half its depth inside; invert a small cup in centre, an egg cup is best, one that will stand a little above the edge of dish, fill with sliced apples, adding if liked, a quince cut in slices and stewed till tender in a little water and sugar. Or quarter the apples, put in preserving kettle with four tablespoons powdered sugar to a pie, and add water enough to make a thin syrup; add

a few blades of mace, and boil the apple in the syrup a few pieces at a time, to avoid breaking; take carefully from the kettle and lay them in dishes. When enough apples for the number of pies to be made are ready, add to syrup cinnamon and rose-water, or any spice wished. Arrange the apples in pie-plate with the rim lined with paste as above, pour an equal part of the syrup into each pie and cover with top crust; bake a light brown in moderate oven. In making *Shallow Fruit-pies* the cup is omitted, and some pile fruit high in center of under crust, leaving space round the sides almost bare of fruit, and when the upper crust is put on, press it gently down all around into the groove thus formed, make two or three holes in it for the juice to escape, which when baking will boil out of the holes and run all round the groove with a pretty effect. The groove must be made deep enough to hold all juice that boils out or it will run over the pie in streaks. The fruit must also be piled high enough in the center to prevent this. Whipped cream is delicious with fruit-pies. For *Fruit Turn-overs*, roll Puff Paste to thickness of about one-fourth of an inch, and cut it out in pieces of a circular form; pile the fruit on half the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press edges together, ornament them, and brush the turn-overs over with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about twenty minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then enclosed in the crust; or jam of any kind may be substituted for fresh fruit. Suitable for picnics. Any fruit may be used instead of apples.

Gooseberry-pie.—Take either green, or not too ripe gooseberries. Put in saucepan with enough water to prevent burning, and stew slowly until they break, stirring often. Sweeten well and set away to cool. When cold, pour in pie-pan lined with paste, cover with a crust or Diamond Top, and bake in oven. Eat cold but fresh, with powdered sugar sifted over top. Or use the ripe berries without first cooking, as in Berry-pie. Some also add a pinch of salt.

Hickory-nut-pie.—Mash a pound hickory-nut kernels fine, add three-fourths cup sweet milk with tablespoon flour, mixed smooth in little of the milk, and three tablespoons sugar. Stir well together and bake in one crust, covering with meringue.

Lemon-pie.—Make a syrup of a cup each boiling water and sugar, add grated rind and juice of one lemon, well-beaten yolks of two eggs, tablespoon corn-starch dissolved in a little cold water, and teaspoon butter. Cook till thick; then pour into a crust already baked, spread with a meringue and brown in oven. This makes one pie, but two pies can be made of one lemon by doubling the quantity of all the other ingredients. Or for an *Economical Lemon-pie*, take one pint water, add the juice, grated rind and chopped pulp of one lemon; when boiling, stir in half pint sugar and third of a pint flour, well mixed. (When corn-starch or flour is added to any liquid

if mixed with the dry sugar it will not be lumpy). When partially thickened, place in pie-pan lined with Quaker Paste, cover with upper crust and bake. For *Chopped-Lemon-pie*, grate rind and chop pulp of three lemons, from which the white outside pith and seeds have been carefully taken; this is very necessary where the whole lemon is used as they impart a bitter flavor. Beat together yolks of four eggs, three cups sugar, half cup cold water, pinch salt and tablespoon corn-starch, mixed smooth in part of the water; add the prepared lemon and well-frothed whites of eggs and bake with two crusts. For *Eggless Lemon-pie*, mix tablespoon corn-starch smooth with little water, and stir in cup boiling water; add juice and grated rind of a lemon, cup sugar, tablespoon butter and bake with one or two crusts as preferred. A raw potato size of lemon, grated, may be stirred in the boiling water instead of corn-starch. Or *With Fruit*, take cup each sugar, water and seeded raisins, one lemon, and grated rind if flavor is liked; chop lemon and raisins, fine, and some cook the raisins with the water three-quarters of an hour, stirring in, just before taking off fire, a tablespoon corn-starch made smooth with a little water. Add the sugar and chopped lemon and bake in two crusts. Or the juice of two lemons may be used, and the whole baked in three crusts, putting on bottom crust a layer of the chopped fruit with sugar and little corn-starch sprinkled over, then another crust, rolled very thin, and layer of fruit, etc., then the top crust. For *Sliced-Lemon-pie*, pare carefully one large or two small lemons, slice thin, remove seeds, cover with two cups sugar and let stand an hour. Then put smoothly in two pie-pans lined with paste, add three tablespoons cold water and sprinkle over each a teaspoon corn-starch. Bake with upper crust. A little grated lemon peel may be added. Or put the slices of lemon in the crusts, with a cup sugar, teaspoon butter in bits and tablespoon flour, sprinkled in last, to each pie. Cover with upper crust and bake. If lemons are not very juicy, add two or three tablespoons water to each pie.

Appleless Mince-meat.—Chop fine eight pounds green tomatoes, add six pounds sugar, one ounce each cloves, cinnamon and allspice, and simmer slowly till tomatoes are clear, then put away in covered jar. For pies in winter, take in portion of two-thirds tomatoes and one-third meat, and season with butter, boiled cider, sugar if needed, etc., as regular mince pies would be seasoned. Chopped Pie-plant, used as apples in any of the Mince-meat recipes makes a delicious pie, and the canned pie-plant may also be used.

Mince-meat with Lemon.—Boil four ripe thin-skinned lemons in quart water till water has half boiled away; squeeze the juice over two pounds white sugar, remove seeds and chop rinds and pulp fine;

chop a pound seedless raisins and two pounds suet, then mix all together and add two pounds currants, an ounce mixed ground spices and a gill each water and vinegar. Two ounces blanched and chopped sweet almonds and half pound citron may be added if liked. Two lemons may be omitted, also the raisins, and six large apples, chopped added instead. Put in a jar, stir occasionally, and it will be ready for use in a week or ten days. A chopped tongue may be added if liked, although no meat is necessary.

Measured Mince-meat.—One and a half pints chopped meat, three pints chopped apples, half pint chopped suet or butter, or equal parts of each, half pint each vinegar and cider, pint raisins, two pints sugar, or one of sugar and one of molasses, one tablespoon each cinnamon, nutmeg, and cloves, half tablespoon each salt and pepper, and grated rind and juice of one lemon. Scald the suet after chopping, and cook with other ingredients until apples are tender before adding spices. If too thick, add equal parts vinegar and water.

Mince-meat.—Take six pounds scraggy beef—a neck piece will do—and boil in water enough to cover; take off scum that rises when it reaches boiling point, add hot water from time to time until tender, then remove lid from pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor, take from the fire, and let stand overnight in the liquor to get thoroughly cold; pick bones, gristle, or stringy bits from the meat, chop very fine, mincing at the same time three pounds nice beef suet; seed and cut four pounds raisins, wash and dry three pounds currants, slice thin pound of citron, chop fine four quarts good-cooking tart apples; put all in large pan together, add two ounces cinnamon, one of cloves, one of ginger, four nutmegs, juice and grated rinds of three lemons, tablespoon salt, teaspoon pepper, and two pounds sugar. Put in a porcelain kettle quart boiled cider, or better still, quart currant or grape juice (canned when grapes are turning from green to purple), quart nice molasses or syrup, and, if any syrup at hand left from sweet pickles, add some of that, also a good lump of butter; let it come to boiling point, and pour over ingredients in pan after having first mixed them well, then mix again thoroughly. Taste, and if not properly flavored, add more boiled cider, fruit juice, or seasoning, as needed. It should have a smooth agreeable taste with no one flavor predominating. Pack in jars and put in a cool place, and, when cold, pour molasses over the top an eighth of an inch in thickness, and cover tightly. This will keep two months. For baking, take some out of jar, if not moist enough add a little hot water, and strew a few whole raisins over each pie. Instead of boiled beef, a beef's tongue or heart or roast meat may be used, the tongue making the choicest of all. For a very nice and rich *Holiday Mince-meat*, use half and half boiled beef and tongue with same proportions of other ingred-

ients and add juice and rind of three oranges, quarter pound each candied orange and lemon peel, sliced thin; three-quarters pound sweet almonds and an ounce bitter almonds (weighed after shelling), blanched and chopped, and half teaspoon almond extract. Also omit two nutmegs and add teaspoon mace, and if the syrup is objected to use instead two pounds more sugar. In baking, a tablespoon sweet cream for each pie, heated and stirred into the mince-meat just before filling in crusts, is a great improvement.

The above are good formulas, but, of course, may be varied to suit different tastes or the material at hand, and for convenience a few *Suggestions for Mince-meat* are given: If too rich add more chopped apples. Reserve some of the liquor in which the meat was boiled to moisten the mince-meat; if the fat which forms on top of the liquor is also added less suet will be required. In lieu of cider, vinegar and water in equal proportions may be used; and some think a little vinegar should be added when either cider or boiled cider, are used, more being required with the latter; but if the apples are carefully washed and pared, the strained juice obtained from the parings, stewed in a little water, or cooked in a crock as for jelly, is better than any other wetting, to which a little vinegar may be added; or use any kind of tart fruit juice; or some use cold coffee and tea with a little vinegar. Good preserves, marmalades, spiced pickles, currant or grape jelly, canned fruit, dried cherries, prunelles, etc., may take the place of raisins, currants and citrons. Wine or brandy is considered by many a great improvement, but if "it causeth thy brother to offend" do not use it. Lemon and vanilla extracts are often used. The Mince-meat is better to stand overnight, or several days, before baking into pies, as the materials will be more thoroughly incorporated. Although many do not put in the apples when mince-meat is made, thinking it keeps better and longer without, but chop and add them to the quantity to be used about an hour before baking, in equal proportions, though some prefer after chopping to sweeten and stew the apples till partially done, then add to the prepared mixture, and make into pies. Both apples and meat may be put through the sausage grinder instead of chopping. Some do not cook the beef before chopping and putting ingredients together, when it will be necessary, after mixing, to cook all thoroughly until meat is tender, adding a little water, if needed; others who cook the meat first, always cook the mince-meat after mixing until apples are tender. *Dried-apples* may be used in mince-meat, simply soaking overnight before chopping, and when evaporated apples are used the pies are nearly if not quite as excellent as those made with fresh apples, but the mince-meat must be thoroughly cooked. A good proportion for a few pies is one-third chopped meat and two-thirds apples, with a little suet, raisins spices, butter and salt, and enough boiled cider to make of desired consistency. Care should be taken not to have the mince-meat too thick, or the pies will be

dry and hard. When ready to use, it is a good plan to test by first baking a small pie or turn-over. Many prefer to freeze mince-pies after baking, heating them as wanted.

Fragment Mince-meat.—Take one pint chopped corned beef, or remains of any cold meat will do, carefully removing all bits of skin, gristle and bone, and if very lean adding a little fat pork, twelve ordinary sized potatoes, scalded until softened, but not thoroughly cooked, and chopped, pint bread-crumbs, and any bits of cake, dough-nuts, etc., chopped fine, juice of four lemons with the chopped pulp and a little grated rind, pint each sugar and molasses, or sweetening to taste, pound raisins, or dried currants and any "left-over" preserves at hand, or dried apple sauce, with spices to taste; put all together over fire with cold coffee, tea and a little vinegar—about three pints wetting in all—bring to scalding heat and add three or four well-beaten eggs, or these may be omitted. Do not make too thick as the mixture hardens in baking; thin with water if necessary. Before putting into pies, taste and add more vinegar or seasoning if needed. These fragment pies have been so successfully made as to be thought the real mince article, but judgment must be used in amount of sugar, wetting and seasoning needed.

Molasses-pie.—Three eggs, yolks and whites beaten separately, half cup New Orleans or sorghum molasses, cup white sugar, butter size of a walnut, cup sour cream, teaspoon soda stirred into molasses, whites mixed in last; or reserve two whites for meringue. Bake slowly in moderate oven. Nutmeg gives a nice flavor. Another half cup molasses may be added with teaspoon corn-starch, making sufficient for two pies. They may also be baked with two crusts.

Orange-pie.—Beat cup powdered sugar and tablespoon butter to cream; mix tablespoon corn-starch with a little cold water, and add cup boiling water; cook long enough to thicken, stirring constantly; then pour the mixture over butter and sugar, add grated rind of half an orange, beaten egg and juice of an orange. Peel another orange, and slice in little thin bits, being careful to remove all the seeds and the tough white skin. Line a pie-pan with nice paste and bake until just done; then fill with the custard and orange slices and bake long enough to cook the egg. A meringue may be added if liked. The following *California Pie* is a very elaborate recipe: Stir a cup sifted sugar with juice of six large oranges over fire until hot, skim and set aside to cool. When nearly cold add yolks of six eggs, beaten very light and a half pint cream; Stir over a slow fire until thick. Turn into baked crusts and spread a meringue on top, and brown in oven. Or serve as *Orange Custard* in glasses with a heaped teaspoon of whites of eggs beaten with cup powdered sugar on each, or the same of whipped cream. For a *Sliced Orange Pie*, pare oranges very thin, soak whole in water three days, changing water frequently. Boil until soft. When cold, cut a thick slice from the top and bottom, and the rest in thin slices; bake in rich under crust, filling with layers of sugar and the thin slices of oranges alternately.

Peach-pie.—Line a deep dish with Cream Paste; pare and halve nice ripe peaches, or they may be left whole, and fill the dish. Beat a pint cream and three tablespoons sugar together and pour over the peaches; dredge on a little flour, put on top crust; bake until peaches are well cooked. *Berry* or *Currant-pies* may be made same.

Pie-plant-pie.—Cook one and a half cups chopped pie-plant with half cup water and two-thirds cup sugar, adding tablespoon corn-starch or flour made smooth in little water just before taking from fire; let cool and add teaspoon lemon extract, pinch of salt, yolks of two eggs and white of one; bake in one crust, using white of egg for meringue. Grated rind and juice of a lemon may be added instead of the extract, and only the two yolks used with the fruit or use one egg and cover with a Diamond Top.

Prune-pie.—Take two cups French prunes, washed thoroughly and soaked in water overnight; cup sugar, teaspoon extract lemon, two tablespoons boiled cider, one-third cup water; sprinkle teaspoon flour over top of each pie; bake twenty-five minutes in rather hot oven. The boiled cider may be omitted, and half a lemon, peeled and sliced thin, used instead, or a tablespoon vinegar. Some cook the mixture, adding the flour, before putting in pie. For a *Prune-Custard-pie*, soak prunes overnight and cook as for Stewed Prunes; meantime make a custard of two tablespoons corn-starch, quart milk, two eggs and four tablespoons sugar, with little butter and salt and stir in the prunes. Bake in one crust. whites of eggs may be reserved from custard for a meringue if desired. A few raisins may be stewed with the prunes and grated lemon rind added for flavoring. Some remove the pits before putting prunes in custard.

Pumpkin-pie.—Stew pumpkin all day, on back of stove, with a little water, stirring every little while to prevent burning. A quantity may be cooked at one time, and it is considered sweeter to be thus prepared; then pulp through colander and take amount wanted, putting remainder in a cool place. To three tablespoons pulp add two-thirds pint milk, teaspoon flour, one egg, beaten as above, tablespoon each butter and sugar and one-third teaspoon each nutmeg, cinnamon and ginger for one pie. Too much sugar makes the pies watery. Bake in a deep pie-pan as illustrated. Some steam pumpkin instead of stewing, when it should be placed in pan or on back of stove for moisture to dry out, then put through sieve. Baking is a nice way of preparing pumpkin; cut in pieces, take out seeds and bake until soft; it will be sweet and dry without the trouble of watching and stirring, and may be pulped through a sieve and used immediately. In whatever way pumpkin is cooked, some do not take out the network inside, but simply remove seeds carefully, and some even leave in a few seeds, as the pulping through sieve removes the pieces of seed, thinking it all enriches the pulp. The proportions of ingredients are varied to suit the taste, though from



half to two-thirds as much pumpkin as milk is a general rule, with an egg for each pie as above and sugar and flavoring to taste. Another rule, which makes very rich pies, is to each quart pumpkin pulp add two heaping tablespoons butter, five eggs, beaten as above, quart milk, cup sugar, tablespoon mixed ground spice and teaspoon salt; stir the butter into pumpkin while hot; or omit the butter and use twelve eggs with same proportions other ingredients. Some heat the mixture, stirring constantly, before putting in pans, others add half the milk to pumpkin and heat the rest and stir in just before baking. Always beat the yolks of eggs and sugar together. Serve pumpkin pies either warm or cold, but they are considered in their prime an hour after they are baked. For *Eggless Pumpkin-pie*, add to each pint and a half pumpkin pulp, quart milk, tablespoon butter, cup sugar, little salt, tablespoon cinnamon, teaspoon ginger, two tablespoons flour, or one of corn-starch; or roll crackers or bread-crumbs fine and use for thickening. Some use equal quantities pumpkin and milk, thinking it necessary to have them thicker when made without eggs, and also heat the milk in custard kettle, adding the flour and cooking ten minutes; then stir it into the pumpkin, first having thoroughly beaten into the latter the sugar, or better, tablespoon and a half molasses of any kind. As the thickening property of pumpkin varies some judgment must be used in adding milk. Any flavoring liked may be used; a little sassafras is delicious, grated lemon rind is also nice, and either is an agreeable change from nutmeg or the spices so commonly used. Half pumpkin and half stewed and pulped apples make a pie liked by some. *Squash-pies* are made same as pumpkin. For *Dried-Pumpkin-pies*, soak pumpkin overnight in milk, and then use as in any of above recipes; or place pumpkin in sauce pan, add water to cover and cook till soft, adding water as needed; then pulp through sieve and use as above. If dried pumpkin is a little scorched, or too brown, cook five or ten minutes, then pour off water and add fresh and finish as directed.

Raisin-pie.—One cup each raisins, water and sugar, heaping tablespoon flour, and small lump butter; put the water on raisins and boil five minutes; add flour, smoothed in a little cold water, then add sugar, and boil five minutes longer; stir in the butter and bake with a rich upper and under crust. Or take one cup each sugar and raisins, one and a half of thick, sour milk, one egg, two teaspoons cinnamon and one of cloves; makes two pies. Bake in two crusts. Another excellent pie takes one pound each raisins and sugar, a lemon, and tablespoon butter; boil the raisins half day without cutting; when tender, mix tablespoon flour smooth in little water and stir in to scald in the juice; add grated rind of a lemon and the lemon, sliced, removing pith and seeds. Makes four pies, and will keep like mince. In any of the recipes cracker-crumbs may be used in place of flour, and vinegar in place of the lemon juice. *Nice baked with a Diamond Top.*

Rice-pie.—To one quart boiling water, add cup rice and boil until soft; remove from fire, add quart cold milk, teaspoon salt, five eggs, whites and yolks beaten separately, teaspoon extract of nutmeg, or a grated nutmeg, and sugar to taste. Some prefer to pulp rice through a sieve. Bake in one crust, and raisins may be added, if liked. If cold boiled rice is used, heat it in the milk, and take in proportion of one cup rice to cup and a half sweet milk; then add three tablespoons sugar beaten with yolks of two eggs and lastly the well-frothed whites. Slightly brown the under crust, fill and bake. Or to one quart boiling milk add small cup rice flour mixed in a little cold milk, and two tablespoons butter; when cold, stir in yolks of five eggs, beaten as above, flavor with vanilla, add frothed whites and bake in one crust, covering with a meringue made from three of the whites. Makes two pies.

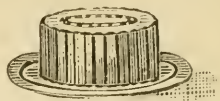
Tart Shells.—These shells are made in various shapes, generally from Puff Paste, and used for serving Jellies, Jams, Preserves and Oysters, and are also nice for anything usually served in paper cases, when the paste should be rolled very thin, and for *Patty Shells* baked delicately in any shaped patty-pans liked, but those about an inch and a quarter deep, are best, and always prick with a fork before baking to prevent blistering, or fill with uncooked rice to keep their shape. Any bits of pastry may be utilized for shells, and the latter may be kept on hand and reheated when used for jellies etc., but this will not be necessary if any preparation that has to be heated, or placed in oven, is served in them, and must of course never be done when to be used for serving ice-cream, or any cold fruit or other creams. The shells for Ice-cream, etc., should be made of the paste for Cream Tarts or the Sweet Paste, page 483. For *Layer Shells*, roll nice puff paste a quarter inch thick and with round cutter, two and a half inches in diameter, cut out number pieces wanted; then cut same number pieces with cutter a half inch smaller and cut out the center of these with a cutter an inch and a half in diameter, forming rings; brush top of first pieces cut with white of egg, place



Layer Shells,

the rings last cut on these and bake for single-layer shells. If wanted more elaborate cut out two rings as above, brush tops with white of egg and put together on the circle of paste cut with the larger cutter for the bottom, making double layer shells. Make *Pyramid Shells* as follows: These are used for serving Oyster, Chicken or Lobster Fricassee, and instead of making the individual size, they are sometimes made large enough to serve the fricassee entire, rolling the paste about an inch thick. An ordinary size would be nine or ten inches in diameter, and may be made also as Cut or Layer Shells, laying a plate of the desired size on the paste and cutting out the shape with a wet knife, using a plate with diameter about

two inches smaller for the inner round, and cutting about half through the paste. When baked, carefully remove this round without breaking it, or the under part, and lay it aside to be used as a cover for the fricassee when served. If the under paste does not seem thoroughly cooked when this is cut out, return to oven. The above shells, both large and small, are also styled *Vol-au-Vents*. To make *Folded Shells*, roll puff paste thin, cut into two and a half inch squares and brush each square over with white of beaten egg, then fold down the corners so that all meet in middle; slightly press together, brush with the egg, sift sugar over and bake in quick oven quarter of an hour; when done make a little hole in the middle and put in filling. In rolling puff paste for shells, some wet the top, before folding it the last time, with water or a little lemon juice.



Large Vol au-Vent.

Chocolate Tarts.—Dissolve three tablespoons grated chocolate in quarter pint milk; then add one pint scalded milk thickened slightly with one and a half tablespoons corn-starch; dissolve six tablespoons granulated sugar in four of hot water, add half teaspoon cinnamon and one teaspoon melted butter. When chocolate mixture is cold add this to it, with half teaspoon vanilla and yolks of four eggs well beaten. Line patty-pans with puff paste, fill, bake and cover with a meringue. Or they may be lined, filled, baked and kept in a cool dry place for a week or two, covering with a meringue, and browning in oven just before serving.

Lemon Tarts.—Mix juice and grated rind of one lemon with cup sugar and beaten yolk of an egg. Add half cup cold water into which has been stirred a heaping teaspoon corn-starch. Set pan in boiling water and cook till it becomes a clear jelly. If wanted richer add to above, the juice and rind of another lemon, three more yolks of eggs, teaspoon butter and one more of corn-starch. Let cool and fill Patty Shells with the mixture covering with meringue. Or for *Lemon Butter*, put four rounded tablepoons soft butter, two cups sugar and six eggs well beaten together in a custard kettle, stir almost constantly, add juice of three lemons and grated rind of two, and cook to consistency of honey. Pack in jars to use as wanted, and it will keep two or three months. To use, fill in any baked tart-shells and put in oven till mixture is hot. Or line patty-pans with the Sweet Paste, fill two-thirds full with the mixture adding a few pounded almonds, candied orange or lemon peel or grated Macaroons if liked, and bake in moderate oven about fifteen minutes. In either case they may be covered with a meringue when baked, and returned to oven and delicately browned. For *Orange Tarts*, make as *Lemon Butter* using only third as much sugar and grated rind and juice of one large orange, instead of the lemons. Cook till like

melted cheese, then take off fire and beat a minute or two with an egg-beater; or a mixed preparation is as follows; cup and a half sugar, grated rind and juice of two large oranges, juice of two lemons, two tablespoons butter, three yolks and one whole egg added last. Use as in either way in Lemon Tarts, or spread cold between layers of cake. In baking the tarts, it is sometimes necessary to cover with paper or place a pan above them on upper grate.

Prune Tarts.—Scald prunes, remove stones, take out kernels and put latter into a little cranberry juice with the prunes and sugar; simmer till tender, and when cold fill any shells.

Raisin Tarts.—Heaping coffee-cup stoned and chopped raisins, two small cups powdered sugar, grated rind and juice of two lemons. Put all together in bowl and set in tea-kettle till sugar is dissolved; when cool fill Patty Shells.

Raspberry Tarts.—Prepare Cut Shells, and glaze with sugar boiled till it threads, sprinkling pounded loaf sugar over also. Boil more sugar, adding very little water, and the sugar left from glaze until it almost candies, and mash and stir in about a third of the raspberries to be used; skim, cook five or ten minutes, remove from fire and let syrup cool. Fill the shells with fresh raspberries, cover with the cool syrup and serve. *Strawberry* or *Currant Tarts* made same. Or when the shells are nearly or quite done take from oven and ice, returning to oven a moment or two to set the icing before filling. Whipped cream may be served over fruit instead of syrup.

Strawberry Vol-au-Vent.—Make a Vol-au-Vent case as illustrated in Tart Shells only not quite so large as one for Chicken or Oyster Fricassee. When nearly done, use Pastry Frosting as directed. When done, remove the interior, or soft crumb, and, at the moment of serving, fill it with strawberries, which should be nicely stemmed and sweetened. Place a few spoonfuls of whipped cream on the top and serve. Or the paste may be rolled to about one and a half inches thick, and cut out with a large fluted cutter; bake in quick oven, and brush as above, or with Pastry Glaze. Always detach the cover, made as directed in Tart Shells, as soon as baked, and when carefully removing the crumb, if the edges of Vol-au-Vent look thin in places, cover with small flakes from inside, put on with white of an egg. This precaution is necessary to prevent the fruit (or fricassee) from bursting the case. If stewed fruit is used, after cooking it, boil the syrup till quite thick and add to fruit; fill the Vol-au-Vent with this, sprinkle over a little powdered sugar and return to oven to glaze, or use the hot salamander. Any fruit may be used.

Cannelons.—Roll Puff Paste very thin, and cut into pieces of equal size, about two inches wide and eight long; place upon each piece a spoonful of jam, wet edges with white of egg, and fold paste

over *twice*; slightly press edges together, that jam may not escape in frying, and when all are prepared, fry in smoking lard until a nice brown, setting in oven a few minutes, that the paste may be thoroughly done. Dish on a napkin, sprinkle sifted sugar over and serve. Very delicious made with fresh instead of preserved fruit, such as strawberries, raspberries, or currants; they should be laid in the paste, plenty of granulated sugar sprinkled over, folded and fried as above. Or make a stiff paste with a quarter pound flour,



half as much white sugar, half cup melted butter and tablespoon grated lemon peel or essence lemon; roll rather thin; make little tubes of stiff paper, about three inches long by one in diameter, butter the outside well and wrap each in some of the paste, close neatly on one side, and bake a few minutes in a quick oven; when done and cooled a little, take out the card and fill with a jelly or marmalade, smoothing over open ends with knife dipped in water.

Cheese-cakes.—Cook a cup each sweet and sour milk in custard kettle until it curds; rub the curd through sieve and add to it a cup sugar beaten with yolks of four eggs, a pinch of salt and the juice and grated rind of a lemon, and a tablespoon melted butter is sometimes added. Line patty-pans with Puff Paste rolled very thin, put tablespoon of above mixture in each and bake fifteen or twenty minutes in moderate oven. Let cool in the pans before removing. Nice for dessert, luncheon or supper.

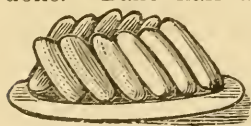
Plum Cobbler.—Take quart flour, four tablespoons melted lard, half teaspoon salt, two teaspoons baking powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding dish, about two inches deep, or dripping-pan, nine by eighteen inches; mix three tablespoons flour and two of sugar together, and sprinkle over crust; then pour in three pints canned damson plums, and sprinkle over them one coffee-cup sugar; wet edges with a little flour and water mixed, put on upper crust, press edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in quick oven half an hour. Any kind of fresh or canned fruit, can be used same way, adding with fresh fruit, cold water to half fill the dish, after fruit is put in. A Quaker Paste may be used, rolling twice as thick as for ordinary pies, and some prefer to use only an upper crust, and for *Peach Cobbler* pare and halve freestones, but only pare and gash clings, leaving in the stones, and sweeten if necessary. For *Apple Cobbler*, pare and quarter moderately tart apples and finish as above. For *Berry Cobbler*, line the deep dish with a Graham Paste, rolled as above, fill with any berries, sweeten, cover with crust and bake. Some prick upper crust as well as cut the slits as in Plum Cobbler. Use no water in either berry cobbler or *Cherry Cobbler* which is made as the former.

Almond Flowers.—Roll Puff Paste out quarter inch thick, and with a round fluted cutter, two and a half or three inches in diameter, cut out the number of pieces required. Work rest of paste up again, roll it out, and with a smaller cutter cut out pieces an inch in diameter. Brush larger pieces over with white of an egg, and place one of the smaller pieces on each. Blanch and cut almonds into strips lengthwise; press them slanting into paste closely around smaller circles, sift over powdered sugar and bake twenty minutes. Garnish between the almonds with strips of apple jelly, and place in center of top a little strawberry jam; pile high on dish and serve. To make *Almond Tablets*, roll Puff Paste very thin and cut with the pastry jagger into strips three inches and a half long, and an inch and a half wide. Spread half of them with a thin filmy layer of jam or marmalade, (not jelly) lay on each a strip without jam and bake in quick oven. When well risen and brown take out, brush with Pastry Frosting as directed, sprinkle chopped almonds over and return to oven till frosting is well set, and almonds just colored. Serve hot or cold on napkin, piled log-cabin fashion.

Rissoles.—Roll out very thin, about as thick as a fifty-cent piece, any trimmings of Puff Paste; put about half a tablespoon marmalade or jam on it, in places about an inch apart, wet lightly round each, and place a piece of paste over all; take a small round cutter an inch and a half in diameter and press round the part where the marmalade or jam is with the thick part of the cutter: cut them out with a cutter a size larger, lay on baking tin, brush over with white of egg; add the inch circles as in *Almond Flowers* and finish in same way, omitting the almonds. Serve in pyramid form.

Preserve Sandwiches.—Roll Puff Paste out thin and place in a square baking pan, cut to fit, and spread with peach, green-gage or any preserve; place over this another thin layer of paste, press edges well together and lightly mark the top *crosswise* in lines one inch apart, and *lengthwise* two inches apart, to show where to cut when done. Bake half an hour and just before done use Pastry

Frosting as directed and brown in oven. When cold, cut off in two-inch lengths, arrange in a circle overlapping each other, as illustrated and serve with whipped cream in center.



Preserve Sandwiches.

Peach Short-cake.—Bake three sheets of sponge-cake as for jelly cake; cut peaches in thin slices and sprinkle with sugar a few minutes before using, keeping closely covered; prepare cream by whipping, sweetening and adding flavor of vanilla if desired; put layers of peaches between the sheets of cake, and also on top, and pour the cream over each layer and over the top. *Strawberry and Raspberry Short-cake* made same way. Or, instead of the whipped cream, spread a meringue over each layer of fruit, allowing white of one egg for each layer.

Strawberry Short-cake.—Bake a sponge-cake in three or four layers, or cut the sheet obtained from baker to fit the platter, and build by placing on each layer or sheet, a layer of strawberries prepared as above, and covering with custard, previously made as follows: Heat pint milk with half cup sugar to almost boiling, then stir in well-beaten yolks of three eggs, and stir until it begins to thicken; let cool and flavor with vanilla or almond extract. May be handsomely finished by placing layer of berries on top, covered with a meringue of the whites of eggs; or leave off the berries and whip into the meringue enough bright jelly to color nicely and heap on top. Or, if wanted served individually, line paper cases with strips of sponge-cake cut to fit the sides, then fit in a bottom piece and fill with the following preparations. Mash quart strawberries with two cups sugar and rub through sieve; dissolve one and a half ounces gelatine in a cup milk, set where it will warm gradually; whip three pints thick sweet cream, to a froth, then whip in dissolved gelatine, add strawberry pulp, and when partially stiffened fill the prepared cases, cover each with a layer of strawberries, carefully setting each berry on end, and sprinkle powdered sugar over. Put away in a cool place until ready to serve. The above quantity will fill fifty cases, and may be served in Patty Shells or Vol-au-vents instead of the cases, and with much less trouble. The flavor of strawberries is much improved by mixing with each quart berries before sprinkling with sugar, two or three oranges, cut into bits about the size of berries, or simply adding the orange juice. For *Royal Strawberry Short-cake*, make a batter as in *Mystic Orange Cake* and put in square pans to the depth of three quarters of an inch; when baked cut in two and spread bottom layer with part of a filling made as follows; beat whites of four eggs to a foam, add two-thirds pint of pulverized sugar and beat till perfectly stiff. Now cover this with a layer of even-sized berries, tops up and sprinkle with sugar; put other layer on this with top next berries and cover the cut side with the filling and berries as before; cut in squares and serve with ice-cold cream, sweetened and flavored with orange juice. Whipping the cream makes it more delicious. Whipped cream may be used also for filling. Another batter for layers is two-thirds pint powdered sugar, half pint butter, grated rind of half a lemon, five eggs, added one at a time, pint flour and two teaspoons orange juice. For an *Apple Short-cake*, line a square baking-pan with a quarter inch crust made of quart flour, gill each butter and sugar, half teaspoon salt and scant pint cold milk or water, cover with thick layer of sliced tart apples, sprinkle with sugar and bits of butter, (little water if needed), then a layer of crust, then apples, and so on with crust last; bake half an hour and serve with cold cream and sugar.



Saratoga Short cake.

PICKLES.

Pickles are an indispensable appetizer for the table, and they may be made in so many forms and from such a variety of material that there is room for the exercise of both taste and skill in their production. As a pure cider vinegar is indispensable to good pickles, home-made ones are the best, as the pickles sold in market are nearly always put up in inferior vinegar. A small lump of alum to gallon of cucumbers, dissolved and added to vinegar when scalding the first time, renders them crisp and tender. Keep pickles in a dry, cool cellar, in glass or stone jars; If in latter, examine frequently and remove all soft ones; if white specks appear in vinegar, drain off, scald, add a liberal handful sugar to each gallon, and pour again over pickles; bits of horse-radish and a few cloves assist in preserving the life of vinegar. If put away in large stone jars, invert a saucer over pickles to keep them well under the vinegar. The best way to put up pickles of all kinds is in bottles or in self-sealing glass cans, sealing while hot, and keeping in a cool, dark place. When porcelain-lined tops are not used, always grease inside of can-lids to prevent the moisture from adhering to and rusting them. For the bottles take old pickle bottles with corks, or wide-mouthed bottles without covers. Have ready cloth covers cut round to fit over mouth of bottle, sealing-wax, and strips of muslin as wide as tape for tying. Many think that mustard seed improves pickles, especially Chopped, Florida and Mangoes, but use it, as horseradish and cloves, sparingly. For *Pickles in Brine*, never put them in anything that has ever held any kind of grease, but use an oaken tub or cask, keep them well under, and have more salt than will dissolve, so that there will always be plenty at bottom of cask,

and never let them freeze. The brine should be strong enough to bear an egg; make it in proportion of a heaping pint of coarse salt to a gallon of water. If too much salt has been used, correct by letting pickles soak longer in water when wanted, adding weak vinegar at first, then draining and adding strong vinegar. If not sufficiently salted the pickles will be insipid. In making pickles by first placing in salt over night or longer, use coarse salt and test by tasting pickles before putting on vinegar as they should be of a pleasant saltness; if not salt enough, add more and let stand until of the proper flavor; if too salt, cover with weak vinegar, and let stand two or three days, drain, add strong vinegar, either hot or cold, according to recipes, and finish as directed. In scalding cucumber pickles, to green them, cabbage or grape leaves may be used for covering bottom, sides and top of kettle. The usual spicing for a quart of pickles is a level teaspoon each pepper-corns, (whole black peppers), celery seed and allspice, tablespoon broken stick cinnamon, half teaspoon cloves, mustard seed and grated horse-radish, and a piece of ginger root an inch long. If cayenne pepper is used instead of whole peppers, an eighth of a teaspoon is enough. Or garden peppers cut in rings, in proportion of two rings of green and one of red without seeds, or a level teaspoon, when finely chopped, may be used to a quart of pickles, instead of pepper-corns. The proportion may be increased or decreased to suit the taste. Ginger is the most wholesome of the spices. Cloves are the strongest, mace next, then allspice and cinnamon, and, of course, less of the stronger should be used. Scalding or parboiling articles to be pickled makes them absorb the vinegar more easily, but does not add to their crispness. Before putting them in vinegar, after parboiling, they should be cold and *perfectly dry*. As heating weakens it, vinegar for pickles should be *very strong*, and should only be brought to *boiling point* and *immediately* poured on pickles. Keep pickles from the air, and when put away in stone jars, if hot vinegar is used, *cover, but do not tie down closely till cold*; a good covering is first a cloth, then an oil-cloth cover tied over jar; always see that the vinegar is at least two inches over the top of the pickles. A *dry* wooden spoon or ladle is the only kind that should touch pickles in jars. If the vinegar loses its strength it should be replaced by fresh, poured over scalding hot. Some keep pickles from molding by placing horse-radish or grape leaves over them; this also gives a nice flavor. *Clove of Garlic*, given in recipes, is a piece size of a small bean.

Pickled Apples.—Procure green apples size of walnuts and cook till tender over slow fire in pan with thick layer of vine leaves on bottom. Pare with sharp knife, put in same water first cooked in, cover closely and leave till a nice green; drain in colander till cold, put in jars with some mace and a clove or two of garlic, according to quantity of apples, cover with vinegar and tie down as directed.

Pickled Beans.—Gather young beans and put in strong brine of salt and water; when turning yellow, which will be in a day or two, take out and wipe dry. Boil vinegar, adding two ounces pepper and one ounce each ginger and mace to each quart, and pour over the beans. A small bit of alum, or teaspoon soda will bring back the color. Cover to keep in steam, reboil vinegar next day and pour over hot as before. Or string, wash and cook till tender, take off, cool and salt as if to use fresh; pack away in a stone jar or nice tub, add a weight, then prepare a weak brine and pour over; cover, and in a few weeks they will be sour.

Pickled Beets.—Select fine red beets and be careful to clean without bruising the skin, or they will lose much of their color and sweetness in cooking. Boil two hours and when cold rub off skin and place whole in jar, (some slice them but they are not as fresh when served); cover with vinegar, first boiled with spices in proportion of half an ounce each cloves, pepper-corns, mace and ginger to each pint, adding when cold another pint; cover closely and they will be ready for use next day, when they can be sliced as wanted. Or take a half cup sugar to each pint vinegar, flavoring to taste with cinnamon and cloves, boil and pour over beets and repeat this several days. Before serving cut the slices into stars, leaves or any shapes fancied, and a very ornamental dish results. If white beets are pickled separately, the slices in same shapes are a nice addition, alternated with the red.

Pickled Cabbage.—Shave firm white cabbage into wooden or earthen vessel, sprinkling in a handful salt to each cabbage, and let stand overnight; then drain off brine, pressing cabbage well and pack in earthen jars in layers with half cup mustard seed to each head, sprinkled through; fill up with cold vinegar, cover closely and keep in cool dark place. Or quarter small solid heads, and boil in weak salt water until they can be pierced through with a straw; then lay on dishes and put in sun an hour or two to drain and bleach. Put in jar, pour over enough weak vinegar to cover with a teaspoon tumeric stirred in and let stand one week. Pour off and fill jar with best cider vinegar, in which is mixed one cup ground mustard, half cup mustard seed, and a little sugar; put in also a few spices of different kinds in a little bag. Cover closely; ready for use in a few days and will come out a bright yellow. *Pickled Cauliflower or Onions* prepared the same way.

Pickled Cherries.—Leave stems on fine red, not too ripe, cherries, and for each quart take a pint vinegar and cup sugar; boil these together ten minutes, skim, and when cold pour over the cherries, packed in jar. Cover closely. If the fruit is nice the pickles will be very handsome, and are nice for garnishing.

Pickled Eggs.—Boil the eggs ten or fifteen minutes, dip in cold water, take off shells and prepare the vinegar by boiling with each quart, a half ounce each black pepper, Jamaica pepper and ginger tied in a bag; put eggs in jar, pour boiling vinegar over, put in bag of spices, and when cold tie down to exclude the air. The above will pickle about sixteen eggs. Some spice with two teaspoons each allspice, cinnamon and mace to quart vinegar, and dilute with pint water. Eggs are also nice pickled with beets, or in the vinegar from them, and are not only always relishable, but ornamental as well, and nice for garnishing.

Pickled Grapes.—Cut bunches when hardly ripe and put in jar with vine leaves between each layer of grapes until jar is filled; then take as much water as will cover grapes and leaves, add salt till strong enough to bear an egg; when it boils, skim, strain through flannel bag and let stand to settle; strain a second time and pour upon the grapes, which must be well covered; fill the jar with vine leaves, tie over a double cloth, set a plate upon it and stand two days; then take off the cloth, pour away the brine, take out leaves and grapes, and lay them between two cloths to dry; boil two quarts of vinegar with one of water, and pound sugar, and skim very clean; let stand till cold. Wipe the jar very clean and dry, lay fresh vine leaves at the bottom between every bunch of grapes and on top; strain the pickle on the grapes, filling the jar; tie a thin piece of board in flannel, lay it on the grapes to keep them under the pickle and tie down closely with cloth and paper.

Pickled Nasturtiums.—It is best to gather the green seeds on a dry day. This is also necessary in picking any vegetable for pickling. Some put seeds in vinegar for a day, then drain, boil the vinegar, adding a little salt, a few pepper-corns, a small bit of green ginger-root, or mace, and a pinch of sugar. Pour over the seeds boiling hot, and cork tightly. Or soak as gathered for twenty-four hours, drain, place in cold vinegar and when all are thus prepared drain and cover with boiling vinegar, not spiced. Or if putting up a quantity, let soak in brine three days, drain and finish as above. Nasturtium pickles are a delicious relish with cold meat or raw oysters, and are an excellent substitute for capers in sauces.

Pickled Onions.—Select small Silver-skin onions, remove with a knife all the outer skins, so that each onion will be perfectly white and clean; put into brine that will float an egg, for three days, then put in glass jars, and adding spices and small red

peppers, or rings of large ones, fill with cold vinegar and seal; putting tablespoon salad oil over top of each can will prevent onions turning yellow. Do not cut onions so much in peeling that they will fall apart. Some scald spices with the vinegar instead of putting in layers, while others like flavor of equal quantities white mustard, coriander and celery seed, allspice, and pepper-corns. If wanted very nice and white prepare as follows: Gather the onions, which should not be too small, when quite dry and ripe; wipe off dirt, but do not pare; make a strong brine of salt and water, put in the onions, change this, morning and night, for three days, and save the last brine. Take off the outside skin, and put onions in tin saucepan with equal quantities milk and the last brine; add two tablespoons salt, put over fire, and constantly turn the onions about with a wooden skimmer, letting milk and water run through holes of skimmer, but the onions must not boil, and in stirring be careful not to break them. Have ready a pan with a colander, into which turn the onions to drain, covering with a cloth to keep in steam. Place on a table an old cloth two or three times double; put the onions on this when quite hot, covering closely with an old piece of blanket to keep in the steam; let remain till next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow, and put in jar. Make a pickle of vinegar and spices in proportion of an ounce each bruised ginger, allspice, whole black pepper, one grated nutmeg, quarter ounce mace, eight cloves and a teaspoon cayenne to two quarts vinegar; boil and pour hot over the onions. Cover very closely to keep in all steam, and let stand over night. Put them into jars or bottles, cover with the spiced vinegar, put a tablespoon best olive oil on the top of each jar, tie down closely and let stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white and crisp, without the least softness, and will keep good many months. *Pickled Spanish Onions* are prepared by cutting in thin slices; put a layer in bottom of jar, sprinkle with salt and cayenne, then add another layer of onions, season as before, and so on until jar is full; pour in sufficient vinegar to cover the whole, and the pickle will be fit for use in a month.

Pickled Peaches.—Take those of full growth, but perfectly green. To a gallon of vinegar add half ounce each cloves, pepper-corns, sliced ginger, mustard seed and a little salt, boil and pour over the peaches scalding hot. Drain off vinegar from them several mornings, heat scalding hot, and pour over them.

Pickled Plums.—Take plums before they are quite ripe, and put in saucepan with vinegar, salt water, fennel seed, and dill, as much of each as will impart a flavor to pickle; when it boils put in plums, let boil again, then take off, let stand till cold, and put in jars.

Pickled Sweet-Corn.—Take the “nubbins” of early corn where there are too many forming on the stalk, while very small and tender. Trim neatly, and boil them five minutes in water slightly salted. Drain and put them in a jar. Boil good vinegar enough to cover and pour it boiling hot over the corn and let remain so until next day, drain and boil the vinegar again, adding a little salt. Place corn in jar and cover with vinegar when partially cold. Cork the jar and seal it. Any spices may be placed in jar, with a good sprinkling of mustard seed; and a bay leaf or two, and a few shallots may be boiled with vinegar.

Pickled Walnuts.—Gather and pierce the nuts with a needle, cover them with brine, allowing one and a half pounds salt to one gallon water, and let stand in cool place three weeks. Drain in colander, wash and wipe jars return the walnuts, cover with best cider vinegar, and let stand one month; take out, rinse and wipe jars, put in nuts and sprinkle with an ounce mustard seed. To as much fresh vinegar as will cover them, add one ounce each cloves, black pepper and stick cinnamon, half an ounce each mace, and race ginger, and boil ten minutes. When cold pour over nuts, cover, and seal.

Chopped Pickles.—Put eight ounces each chopped onions and apples, and two of chopped chillies, (cayenne pepper pods), in a jar. Boil pint vinegar with a large tablespoon salt and pour this over, mix well, and when quite cold put it into smaller jars if preferred. To be eaten with cold meat.

Cucumber Pickles.—It often happens in putting up cucumber pickles that only a few can be gathered or bought at a time; these can be easily pickled as follows: Place in jar, sprinkle with salt, in proportion of pint salt to peck cucumbers, cover with boiling water, let stand twenty-four hours, drain, cover with fresh hot water; after another twenty-four hours, drain, place in jar, and cover with cold, not very strong vinegar; continue to treat each lot in this manner, using two jars, one for scalding and the other as a final receptacle for pickles, until there is enough for pickling, when drain and cover with boiling cider vinegar, add spices, and in a few days they will be ready for use. Sugar may be added if wished. Always use fresh vinegar, either hot or cold, to pour over salted pickles that have been cooked in plain vinegar, or vinegar with a lump of alum in it. All cucumbers and sour pickles kept in stone jars, can be made as good as new at any time, by draining off old vinegar, and pouring over fresh, boiling hot, adding a little sugar. It well repays one to do this late in the Winter. Cider vinegar is the only kind we have recommended, as it is the *best* one can buy; but the Economical Vinegar given in Kitchen, which is really a home-made cider vinegar is *equally* good and has been thoroughly tested and “not found wanting.” For *Self-Made Pickles*, put one gallon sorghum molasses in jar

barrel with two of water and let stand until it begins to ferment; then rinse and drain cucumbers, put them in the barrel, cover with a cloth and board with a weight on top, rinse off the cloth every time cucumbers are added. If the vinegar turns white add more molasses. These pickles will keep a year. Some use three gallons water to one of molasses and stir the pickles every day until ready for use. For *Sliced Cucumber Pickles*, peel and slice large, green cucumbers that would be suitable for table, and if gathered from the garden, *leave a piece of the cucumber on vine*, as the latter will not be as much weakened and when former are to be sliced for pickles, or used fresh there is not the necessity for leaving on a portion of stem, Slice about one-fourth their bulk of onions; place in a jar or crock. large enough to hold pickles when finished, a layer of sliced cucumbers, then a thin layer of onions, so on alternating, fill jar within an inch of top. Put two or three handfuls of salt on top of pickles, which will make their own brine. Let stand twenty-four hours; then squeeze the pickles out of brine, pack in dry stone jar and just cover with vinegar. Make a paste of eight teaspoons fine olive oil, two dessertspoons ground mustard and one teaspoon white pepper; mix well together and put over top of pickles. The pickles will be ready for use in two days and will keep as long as desired. Or omit the onions, and after standing twenty-four hours drain off the liquor, pack in jars, a thick layer of salt and cucumbers alternately, tie down closely and when wanted take out quantity required. Wash them well in fresh water and dress with vinegar, pepper and oil.

Higdon Pickles.—One dozen ripe cucumbers and one quart onions chopped quite fine; put both in a cloth, squeeze all the water out, add four green peppers, and a little celery chopped; mix all well together and season with salt, ground cinnamon and mustard, little salad oil, black and white mustard seed and a little sugar; cover with cold vinegar.

Martynia Pickles.—Gather the pods when green and tender; wash, wipe dry and place in jar; take enough water to cover them, first boiling with it salt, in proportion of one pint to each half gallon; skim and pour over the pods; let stand two or three days, drain, place them in clean, dry jar and pour over boiling vinegar, spiced as liked, and a little sugar may also be added. These are a new and delicious pickle.

Mixed Pickles.—One-half peck green tomatoes, twenty-five medium-sized cucumbers, fifteen large white onions, one-half peck small onions, four heads cabbages, pint grated horseradish, half pound white mustard seed, a quarter pound ground mustard, half cup ground black pepper, half pint salad oil, ounce celery seed, half ounce ground cinnamon, two ounces turmeric. Slice tomatoes and large onions, cut cabbage as for slaw, quarter cucumbers lengthwise,

cut in pieces two inches long, leaving on the peel, and add small onions whole. Mix with salt thoroughly, let stand twenty-four hours; drain off juice, and pour some vinegar and water over pickles. Let stand a day or two, drain again as dry as possible; mix spices well except the ground mustard, then boil one and one-half gallons best vinegar and pour boiling hot over the pickles; do this three mornings in succession, using the same vinegar each time. The third time add one pound sugar to the vinegar and boil, pouring over as above; also mix the oil and ground mustard together with a small portion of the vinegar, and add when cold. Oil can be omitted if not relished. Or for *Hanover Pickles*, take one peck tomatoes, half head cabbage, cut with slaw cutter; two bunches of celery or a little celery seed, three or more small carrots, using only the red part, six onions, five bell peppers; chop and mix together, sprinkle in seeds and pour on a pint molasses; heat three pints vinegar, two tablespoons each ground cloves, cinnamon and yellow mustard and pour over scalding hot. Excellent and improves with age.

Green Tomato Pickles.—Two gallons green tomatoes sliced without peeling and twelve good sized onions, also sliced. Stew until quite tender, then add two quarts vinegar, one of sugar, two small tablespoons salt, two tablespoons each ground mustard and black pepper, tablespoon each allspice and cloves. Put up in small jars.

Universal Pickles.—To six quarts vinegar allow one pound salt, one-fourth pound ginger, one ounce mace, half pound shallots, tablespoon cayenne, two ounces mustard seed, one and a half of turmeric. Boil all altogether twenty minutes; when cold, put into a jar with whatever vegetables liked, such as radish pods, French beans cauliflower, gherkins, etc., as these come into season: put them in fresh as gathered, wiping them perfectly free from moisture and grit. This pickle will be fit for use in about eight or nine months. As this pickle takes two or three months to make, nearly that time will elapse before all the different vegetables are added; care must be taken to keep the jar well covered, either with a closely fitting lid, or a piece of oil-cloth or luted paper so as *perfectly to exclude the air*. This is an English recipe and a decided innovation in pickling.

West India Pickle.—Take one white crisp cabbage, two heads cauliflower, three heads celery, one quart each small green plums, peaches, grapes, radish pods, nasturtium seeds artichokes, tomatoes and string beans, the green rind of a water-melon after paring, one quart small onions parboiled in milk, one hundred small cucumbers about an inch long, a few green peppers, and three limes or green lemons; cut fine the cabbage, cauliflower, celery, pepper, limes and green ginger; mix well with the rest, then pour a strong hot brine over, and let stand three hours; take out and drain overnight. Mix one ounce turmeric powder, with a little cold vinegar, add one

bottle French mustard, ground cinnamon, allspice, two nutmegs, black pepper, four pounds white sugar and one gallon vinegar, and pour boiling hot over the pickle; if not sufficient liquid to moisten nicely, add more vinegar.

Buckeye Chowchow.—Take six heads cabbage, half bushel green tomatoes, twenty onions, and eighteen large cucumbers, peeled; chop each separately, drain overnight, first sprinkling with salt. In morning take two pounds brown sugar, two gallons best cider vinegar, four ounces mixed spices, one-half dozen small red peppers, chopped, four ounces ground mustard, two each of white mustard seed and celery seed. Put vinegar on stove with spices and sugar, and let come to a boil, add the pickles, well drained, and heat all to boiling point; can and seal. Some cook an hour or two. In draining vegetables put in cloth sacks, hanging where they can drip. Or take in all a gallon of pickles, green shelled beans, corn, small pickles, small cantelopes, green tomatoes, and squashes; cut in small pieces, sprinkle with two tea-cups salt, just cover with water, and let stand overnight, then rinse well in cold water. Put two quarts vinegar in porcelain kettle with cup sugar, five tablespoons whole white mustard seed, and three tablespoons celery seed; boil five minutes, put in the pickles, and boil half an hour; mix one-fourth pound ground mustard in a little vinegar and stir it just as it is taken from fire. Instead of chopping the vegetables, etc., they may be put through the sausage grinder, if wanted cut fine, and some add a pint grated horse-radish.

Hawkeye Mangoes.—Take green muskmelons, prepared and soaked in brine, as directed, and scald them in vinegar spiced with cinnamon and cloves. For filling, chop fine two medium-sized heads of cabbage, sprinkle with salt and let stand overnight; add one pound each chopped raisins, white mustard and celery seed, three pints grated horse-radish, one of nasturtium seed, a little ground mustard, ounce turmeric, pint olive oil, cup sugar, one nutmeg, grated, and a few small pickles added if desired. When melons are filled, sew in piece, place in jar and cover with vinegar, either hot or cold, adding a little sugar, if wished. For a *Horse-radish Filling*, take in proportion of one-third grated horse-radish to two-thirds mustard seed, and to a quart of this, use teaspoon each mace, ground mustard, sugar and celery seed, two of grated onion, dozen pepper corns, a little ginger and half teaspoon salad oil.

Picallilli.—Take half bushel green tomatoes, an equal quantity of cabbage, and one dozen each onions and green peppers, or cayenne if green peppers cannot be had; chop all fine, mix, sprinkle one pint salt over and through them, and let stand overnight. In the morning drain off brine, cover with good vinegar and boil slowly one hour. Then drain and put in a jar. Take two pounds brown sugar, two tablespoons each celery seed,

and cinnamon, one each allspice and cloves, two grated nutmegs, one half cup ground pepper and one pint horse-radish with vinegar to mix. Boil all together and pour over contents of jar. Cover tight or bottle and seal while hot. Or the ingredients, proportions or spices may be varied to suit the taste. An excellent pickle is made by chopping together gherkins, small onions, red peppers, nasturtiums, cauliflower, and the small heart of a cabbage—four quarts in all; put in brine for thirty-six hours, then drain well and put in jars. Rub two ounces each curry and dry mustard with half pint salad or sweet oil, add an ounce and a half ginger, an ounce turmeric, half pound sugar, and boil with two quarts vinegar until thickened; then pour over the pickles and cover.

Olives.—Serve in pickle dishes with broken ice strewn upon them. When the flavor of olives is not at first appreciated, it is best to soak overnight in fresh water, and then place in vinegar. A capital pickle is thus made, and those eating them this way soon learn to like them without this preparation. Stuffed Olives make a delicious dish. Olives are also used in sauces for entrees, and for garnishing salads, meats, etc.

Sweet Pickles.

Sweet pickles may be made of any fruit that can be preserved, including rinds of ripe melons and cucumbers. The fruit must be ripe, but not soft; peaches, plums, and cherries should be pickled whole; pears also may be whole, or nicely halved, cored, and pared; quinces, after being parboiled, must be pared, quartered, and cored; if large, cut in eighths. Plums and other smooth-skinned fruits should be well pricked before cooking. The usual proportion of sugar to vinegar for syrup is three pints to a quart, making what is called a *Single Syrup*. A richer proportion known as *Double Syrup* is four pints sugar to a pint vinegar. When making it, this will seem too rich, but the pickles canned with it will be perfectly delicious, and can scarcely be told from brandied fruit. Sweet pickles may be made of any preserve by boiling over the syrup, adding spices and vinegar and pouring hot over the fruit. Examine frequently and re-scald the syrup if there are signs of fermentation. The principal spices used are stick cinnamon and whole cloves; and either granulated, "coffee C," or good stirred maple sugar. All that is necessary to keep sweet pickles when not canned, but kept in stone jars is to have syrup enough to cover, and keep the fruit

well under. Drain each morning, boil the syrup and pour hot over the fruit until the latter is of same color throughout, and syrup like molasses; one can hasten the process, by cooking the syrup quite awhile each morning, instead of simply bringing to a boil. Watch every week, particularly if weather is warm, and if scum rises and syrup assumes a whitish appearance, boil, skim, and pour over the fruit. If at any time syrup is lacking, prepare more as at first. Put spices in jar when pickles are almost done, as directed in Peach Pickles; and when putting in hot fruit or syrup, set jar near stove, put in only a little fruit at a time, and when all is in, pour syrup over slowly. This care will prevent a cracked jar.

Canning is much the nicest way of putting up sweet pickles, and some can Chowchow and other sour pickles. Make the syrup in proportions given in the recipe used, putting in the spices loose, or tied loosely in piece of cheese-cloth; or cloves, two or three may be stuck in the fruit, if latter is whole, as peaches, pears, etc., and the cinnamon cooked in the syrup. Cook the fruit in the syrup until tender, and prepare cans and fruit as directed in Canning Fruit. When pickling the light-fleshed fruits, only a small quantity should be pared at a time, as they darken very quickly, and two kettles should be used, one for cooking the fruit and the other for making extra syrup to be added when needed. When canning either pickles or fruit, after filling cans take out a sufficient quantity of the hot syrup to fill up the cans as directed, after the fruit has settled; and keep it *hot* for this purpose by setting in a pan of boiling water until wanted. This enables one to work more expeditiously, for fresh fruit can then be placed in kettle, adding syrup from that made ready in second kettle; or making more syrup in same kettle, then adding fruit and letting it cook while finishing cans first filled. A dozen whole pears or twenty whole peaches will fill a quart can. Some sprinkle the sugar over fruit, let stand overnight, then boil juice with the vinegar and spices fifteen minutes; put in fruit, boil ten minutes, and can as directed; or put in stone jar, reheating syrup as above, allowing to every seven pounds fruit, three pounds sugar and pint cider vinegar, two ounces each whole cloves and stick cinnamon. Always use a silver fork to test pickles, and keep the latter in a cool, dry place; if canned, place in Fruit Closet, page 147. In ventilating this closet it is well to place the opening or holes, in one side as well as door, or if closet is not placed in corner

of room, put them in the two sides opposite each other. While endorsing strongly the cider vinegar, the Economical Vinegar, recipe for which is given in Kitchen, is equally good and has been thoroughly tested. When wishing to renew sweet pickles, drain, add to, and heat with the old syrup, more vinegar and sugar, in proportions first used. One must not use all fresh vinegar, nor throw away the old syrup, as is the case in sour pickles (see Cucumbers Pickles), nor is there the same need to do so, for sweet pickles are more like preserves, the syrup being really used as a part of the pickles as well as acting as a preservative.

Pickled Apples.—For one peck sweet apples take three pounds sugar, two quarts vinegar, half ounce each cinnamon and cloves; pare apples, leaving them whole; boil in part of vinegar and sugar until they can be pierced with fork; take them out, heat remainder of vinegar and sugar and pour over them. Be careful not to boil them long or they will break. Or, take three pounds sugar, seven pounds apples, quartered and cored and one pint vinegar. Steam apples till a fork will pierce them. Then make a syrup of sugar and vinegar and pour over them while hot. Stick a clove or two into each quarter. For *Pickled Crab-Apples*, steam as above, watching closely, as they cook very quickly. When the skin is just ready to break, take out, and place in the hot Single or Double Syrup, already prepared in kettle; cook only a moment or two, and then can as directed. Some pick the apples just like plums.

Pickled Blackberries.—Three quarts blackberries, one quart vinegar, one quart sugar; put all together and boil ten or fifteen minutes. Put up and seal in glass cans. Cinnamon or any spices to taste may be added, but very nice without.

Pickled Grapes.—Clip the grapes from main stem with scissors and pack snugly in stone jar; make a Single Syrup and add tablespoon whole cloves and two of cinnamon bark, and pour over grapes in jar; set away three or four days; then drain off vinegar, boil and pour over again; repeat for a third time, and any time afterwards should the grapes be inclined to sour. They may be pickled in bunches if preferred, taking care to remove all imperfect fruit. *Pears, Peaches* and *Figs* are nice pickled same.

Ripe Cucumber Pickles.—Cut large, ripe, solid cucumbers in rings, pare, divide into smaller pieces and remove seeds, cook pieces very slightly in weak vinegar, with salt enough to season well; drain, and put in stone jar in layers with a few slices of onions, some cayenne pepper, whole allspice, whole cloves, bits of cinnamon bark, and celery seed (according to taste) between each layer of cucumber. Then cover with syrup made of one pound sugar to one quart

cider vinegar, boiled for about five minutes. Put in stone jars and cover closely or can as directed. Sprinkling the onion slices with a little salt and sugar, covering with vinegar and letting stand two or three hours greatly improves the pickles, which are made very nice as follows: After cooking in the weak vinegar, make the syrup and pour it hot over them, repeat this four or five mornings, cooking both syrup and cucumbers the last time; then place the latter in cans with alternate layers of onions and spices, covering with the syrup and canning as above. Some first soak cucumber pieces overnight in weak vinegar and water, then parboil in same.

Pear Pickles.—Make a syrup of one pint vinegar and four pints sugar; cook five or ten minutes, skimming if necessary; add ten or twelve Bartlett pears, peeled and whole, and three or four pieces cinnamon and a dozen cloves tied loosely in a square of cheese-cloth. Cook fruit as above; then place in a glass quart can, prepared as in Canning Fruit; fill with syrup, seal and finish as directed. Add more fruit to kettle, and as needed, more syrup prepared as above. It is better to can only one or two quarts at a time, as fruit darkens so easily. The putting of enough hot syrup in a bowl, as directed in preface, with which to fill up cans, expedites matters greatly. *Peaches* and any fruit except water-melon may be pickled thus and will greatly resemble brandied fruit.

Sliced Tomato Pickles.—Wash and cut off ends of peck green tomatoes, slice, sprinkle with salt as in Chopped Pickles and let stand overnight; drain, and cover with cold weak vinegar for twenty-four hours, then pour all in kettle, boil ten minutes and drain. Make a Single Syrup, as directed, when hot add tomatoes, boil three minutes and pack in jar in layers with spices.

Spiced Currants.—Put an ounce cinnamon, half ounce cloves and tablespoon each ground mace and allspice in a bag and boil with four pounds currants and two of sugar to a thick syrup. When nearly done add pint vinegar and put away in jelly tumblers or glass cans. Some add three pounds raisins, and one pint more vinegar.

Spiced Peaches.—Boil three pounds sugar and a pint and a half vinegar with ounce whole cloves and two of stick cinnamon; two or three of the former, with their heads off, may be stuck in each peach; then put in seven pounds peeled peaches and let them heat through thoroughly. Skim out fruit and put in stone jars, boil syrup until thick and pour over peaches. *Pears, Plums* and *Cherries* may be prepared same way.

Spiced Tomatoes.—Peel and slice seven pounds ripe tomatoes, put in preserving kettle, with half their weight in sugar, a pint vinegar, and tablespoon each whole cloves, allspice, pepper-corns, salt,

and teaspoon mace; boil slowly two hours, stirring often enough to prevent burning; then cool in kettle, and put in self-sealing cans.

Cayenne Vinegar.—Put a pint vinegar in bottle with a half ounce cayenne pepper and let stand a month; then strain and bottle for use. An excellent seasoning for soups and sauces, but must be used sparingly.

Celery Vinegar.—Crush one-fourth ounce celery seed by pounding in a mortar; boil a pint vinegar, and when cold, pour on the seed; let stand two weeks, then strain and bottle for use. A good substitute for celery in salads, etc. If wanted strong use double the quantity of seed.

Chilli Vinegar.—Put fifty chopped or bruised chillies, cayenne pepper pods, into a pint best vinegar, let stand a month, then strain and bottle. This makes a much stronger vinegar than the cayenne.

Cider Vinegar.—To make a small quantity put a pound white sugar in a gallon cider, shake well together and leave to ferment four months, when a strong well-flavored vinegar will result. For directions for making vinegar in large quantities, see Kitchen.

Clover Vinegar.—Put a quart molasses in a crock, and pour over it nine quarts boiling rain water; let stand until milk-warm, put in two quarts clover blossoms, and two cups baker's yeast; let stand two weeks, and strain through a towel. Nothing will mold in it.

Cucumber Vinegar.—Pare and slice fifteen large cucumbers, and four large onions and put in stone jar with two or three shallots, a little garlic, two tablespoons salt, three teaspoons pepper, and half teaspoon cayenne. Leave for four days then boil up and when cold, strain till clear and bottle for use.

Elder-flower Vinegar.—Gather the buds of elder-flowers, and to every half peck add one gallon vinegar, leaving it a fortnight in jug to ferment. Then strain through a flannel bag, put into it a small bit of dissolved gellatine, and bottle. The flavor of the herbs may also be extracted by boiling the herbs or leaves in vinegar, without fermentation; a mixture of tarragon leaves and elder-flowers is very agreeable.

Horse-radish Vinegar.—Take six tablespoons grated horse-radish, one of white sugar, and a quart vinegar; scald the vinegar and pour boiling hot over the horse-radish and sugar. Let stand a week, strain and bottle. Or, take three ounces grated horse-radish, a drachm cayenne pepper, an ounce of shallots, chopped or minced very fine, and pour over them a quart good vinegar; let stand a fortnight, strain and bottle.

POTATOES.

As there is not any other vegetable so much used as the potato, especially in winter and early spring, the housekeeper should have a variety of recipes from which to select the daily bill of fare; and should also be wise in the art of cooking "only a potato;" this little saying conveying the abuse to which this vegetable is subjected. Potatoes are composed largely of starch, and cooking bursts the cells and sets the starch free, and at this stage a boiled or baked potato should be served, as it will then be dry and mealy; but if allowed to cook longer, the starch absorbs the moisture and a soggy, flavorless potato results; another secret of having potatoes mealy and palatable is to cook them rapidly, and it is important to begin to cook them at the right time and have them as near the same size as possible in order to serve when just done. In latter part of winter potatoes are so watery that it is much better to *steam* them, and always, when to be mashed or used for made-dishes, peeling and steaming is preferable, using great care in the paring, as the *best part* of the potato lies next to the skin and for this reason in boiling potatoes, it is better to wash with a little brush, or a swab made by wrapping a cloth around a stick, as great care must be taken to have them perfectly clean, then cook, peel and serve; or serve in their jackets, which is preferred by many. The only exception to thus cooking, is in the late spring, for the skin of an old potato contains a narcotic property which gives a disagreeable flavor if not peeled before cooking. But however cooked, potatoes must be served hot. When intended to be mashed or used in made-dishes, if boiled, pare and cook *without salt* as it greatly impairs their flavor; the seasoning being added afterwards. Always pare

potatoes left from a meal *at once*, as they pare so much easier when warm, causing no waste; except baked ones, which do not pare till cold; but do not slice for use until wanted. One must exercise care in not cooking too many potatoes *every* day, thus requiring the same time in preparing the residue in some edible form, as would be consumed in preparing some more desirable dish from fresh ones, the cost also of preparing them being more than of the latter, owing to the additions required to make them palatable. When recipes call for cream, milk slightly thickened, and a little butter can be used; and in cooking with either, a custard kettle avoids all danger of scorching. Old potatoes, may be greatly improved by being soaked in cold water several hours after peeling, putting in immediately as exposure to air darkens, being particular to change the water once or twice, and wipe dry with a towel before putting on to boil. This freshens them and makes them crisper, although some claim they really become more tasteless. New ripe potatoes are best baked; full grown, ripe ones may be either boiled or baked; medium-sized smooth ones are best to use, the kind varying with the season. When cooking in water, use soft water, filtered, or if hard add small pinch soda and have it either cold or boiling, never tepid; for fuller directions see Boiled Potatoes. Although some prefer a "bone" in potatoes, to be wholesome they should be thoroughly cooked whether baked, boiled, fried or steamed. Never waste cold cooked potatoes, as in winter they can be kept till sufficient for a dish of themselves, or at any time may be made in croquettes, hash, etc., with meat or other vegetables, or sliced and added to a soup or stew. Potatoes being of a farinaceous nature absorb fat, and so prove to be a good ingredient in Meat Pies. Potato Flour is dry starch powder, procured from the potato and is much used in French cookery; it can be bought in this country, and in fact is often sold for arrowroot, to which it is inferior. More so than any other vegetable do potatoes differ in quality, according to variety and manner of culture. However the main crop may be raised, every farmer's wife should secure for late spring use a supply of a choice variety cultivated entirely in rotten-wood soil or in soil where wood ashes and gypsum are used as fertilizers. As potatoes enter so largely into the daily breakfast, dinner and supper of Americans, care should be exercised in their seasoning; not using too much pepper and salt. There are many who do not use either, but each must be a law unto

himself, only we would advise white pepper, if pepper must be used, as it is more mild and looks better. The first new potatoes received in the markets in the spring are the *Bermudas*, arriving in April. About the first of June come the *Charlestons*; about the 20th, the *Norfolks*, and late in June those from New Jersey and Long Island. The old potatoes are at this time scarce, poor, and not much used. Always drop potatoes in cold water when paring as they darken quickly.

The sweet potato is of quite a different species from the common and is a lighter food, but is sweet, wholesome and more nutritious. Two varieties are mostly used, the red or purple, and the white or yellow and are in season from August till December; after which they begin to loose their flavor, and in the spring become spongy, and almost uneatable. Freezing does not injure them for though frozen hard as stones, their flavor and firmness are preserved, if baked at once without being thawed. Clean them with a brush or dry towel, put them in the heated oven and bake. If thawed, even in cold water, they are soft and worthless. This is also true of Irish potatoes.

Baked Potatoes.—Select the largest and as near the same size as possible. Wash, brush and place in oven so that they do not touch each other, turn as needed and do not let them scorch; bake till tender in a hot oven, testing by taking up between a cloth, and if they yield to pressure, they are done. Press each one thus as it makes them mealier, and serve at once covered with a napkin, for baked potatoes to be in their prime must be served when done, although if they must be kept, roll in a clean cloth and put in a warm place. A large potato will bake in an hour. For *Quick-Baked Potatoes*, prepare as above, cook in boiling water fifteen or twenty minutes, drain and place in a hot oven till skins are well browned—about eight or ten minutes, press and serve as above. Potatoes baked in ashes, known best as *Roasted Potatoes* are very delicious, and are considered the most wholesome and delicate way of preparing them. Scrape away ashes, put in potatoes, cover with pure ashes first, and then hot coals. Or, if *With Meat*, peel and place in pan, around the meat, not touching each other, generally about three quarters of an hour before meat is done. See that the pan contains plenty of drippings, baste the potatoes often and with proper heat they will be brown and crisp without, and white and mealy within. Some boil half done, peel, roll in flour, place in pan and finish as above. It is better to halve very old and large potatoes when baking with meat, and some always

let them stand in cold water an hour or so before baking. Or, *With Sauce*, peel and bake in a moderate oven till tender; make the sauce by stirring into a pint boiling milk tablespoon corn-starch, beaten smooth in a little cold milk, cook five minutes; take from fire and add a half cup sweet cream, piece of butter and the well-beaten whites of two eggs, a little pepper and salt. Serve on platter with potatoes in center, or separately in sauce-boat. For *Larded Potatoes*, peel, and with an apple corer take out a piece lengthwise through the center, insert bits of salt pork, ham or bacon and bake till tender, in a two-quart baking dish and serve in same. The cores can be used in soup or in mashed potatoes. Or for *Glazed Potatoes*, wash medium-sized potatoes, peel out any defective places, put in dripping pan in a moderately hot oven and bake till tender, brush with melted butter or Pastry Glaze, let remain a moment to brown, then serve. Using the Glaze as given in Gravies makes them delicious.

Boiled Potatoes With Jackets.—Wash, brush (keep a small flat brush just for this purpose), cut off ends and any bad specks and if quite old, let stand in cold water an hour or two. Cook in soft filtered water if possible, but if hard water is used, put in a small pinch of soda. The water should be freshly drawn if used cold, and should only be put over fire in time to reach the boiling point before the hour for putting in potatoes, as standing and long boiling frees the gases and renders the water insipid. As regards the temperature in which to cook them, have water either *cold* or *boiling* never lukewarm and the kind of potato will govern that; those potatoes that crack very soon in boiling water, presenting a mealy appearance on the outside while the heart is uncooked, should be put on in *cold* water, and for those that do not cook very quickly use *boiling*. Do not drown them in water, using only enough to *just cover* and some use even less. Do not let the water stop boiling as they will then be watery, but it must not boil too hard as that breaks them. Some place napkin under the lid to keep in all the steam. As regards salting the water or potatoes, there is a great difference of opinion, but the best housekeepers do not use any salt till *after potatoes are done*, or some add it ten minutes before. Test with a fork and when tender, not longer, drain off *all the water*; if left on after they are done they become watery and waxy, sprinkle with salt, shake saucepan lightly, leave uncovered a few minutes, that all steam may evaporate; then place on back of range or stove, leaving cover only partly on, or better, covering with a clean folded towel, as the moisture condenses on the inside of lid when they are tightly covered and falls upon potatoes, spoiling them. Potatoes thus prepared will keep good, quite awhile; but are better served at once in an *open dish with a napkin over them*, for the same reason as given above, the moisture making them soft and watery. This is

the great secret of having nice mealy potatoes. A pretty way is to have a *Potato Doily* made as the Fritter Doily, page 291; lay in dish, put in potatoes then bring the ends up over them; of course two ordinary napkins may be used instead. Potatoes can be peeled before serving if wished. Always select same size, if possible, that they may be done at same time, as too much cooking spoils a potato. If using different sizes, put in largest first, then in a little while the rest, and one can plan to use the smaller potatoes for mashing or in any of the dishes where small potatoes are used. Some claim that after draining off water, taking them to the open air and shaking them makes them more mealy. Never place them on a hot fire after draining, but on bricks on stove, or on back of range. The best potato for boiling is a medium-sized one and not too old or sunburnt. Medium-sized potatoes, when young, will cook in from twenty to thirty minutes; when old, it requires double the time. When peeled, they boil fifteen minutes quicker. If potatoes are very watery and they *must* be used for food, a small lump of lime added to the water while boiling will improve them. *Dashed Potatoes*, are boiled as above, in boiling unsalted water; when tender, dash some cold water into pot; let potatoes remain two minutes, and then drain off water; half remove the pot lid, and let the potatoes remain on back of stove till steam is evaporated; peel and serve in an *open* dish. Another way of boiling is to pare a strip about quarter of an inch wide, lengthwise, around each potato; place in fresh cold water, not too much, let boil fifteen minutes, then add a quart of cold water; when the edges of the peel curl up, salt and remove potatoes to baking pan; place in oven with a towel over them, and let remain fifteen minutes with oven door open, then serve as above. But however boiled, if they cannot be served at once, wrap closely in a towel and put in a warm place and they will keep quitenicely. For *Waterless Potatoes*, select same size, not too old or sun-burnt, wash, brush, but do not pare or cut; put in flat-bottomed saucepan, filling three-fourths full, cover tightly, this is very necessary, and place on stove with a moderately hot fire, or in oven. Shake saucepan occasionally but do not lift cover before forty minutes. As soon as tender peel, or leave in jackets, and serve. They take longer time for cooking but are said to be of delicious flavor.

Boiled Potatoes Without Jackets.—Pare and put in fresh boiling water. Keep closely covered and at a steady boil for at least twenty minutes, five or ten minutes more may be requisite, according to the quality of potato. Watch carefully, and the very instant they present a mealy and broken surface remove from stove, raise cover just enough to admit the draining off of water. This may be accomplished successfully and quickly, after a little practice, and is far better than turning them into a colander, thus suddenly chilling them and arresting further development of the starch, which, after

all, is the main point to be accomplished. Drain water off thoroughly and quickly, sprinkle in sufficient salt for seasoning, partly cover saucepan, give it a shake and set on back of stove, being careful not to have it too hot. In a minute or so give it another shake to stir up potatoes, throw in a little hot cream or rich milk with a lump of butter and a sprinkle of pepper, cover immediately and leave on stove for another minute. This last process adds greatly in making a mealy potato. They are ready now to be dished whole or mashed. It is always best to pare old potatoes. Or for *Hoosier Potatoes*, pare small old potatoes, or cut large ones to size of new; place in cold water, let boil ten minutes, drain, cover with cold water, boil and drain as before; repeat this once more, then after draining, dress with milk, butter, pepper and salt as New Potatoes.

Boiled New Potatoes.—Boiling water is generally considered best for new potatoes, always cooking in two waters as above; some use a wire basket, placing it in a kettle of boiling water, then have ready another saucepan of boiling water, and when the potatoes are half cooked lift them from the first and put them in the second. (This is considered equally nice for old potatoes). Serve with a dressing of melted butter; taking for each quart potatoes, two tablespoons butter, teaspoon salt and saltspoon white pepper; and after placing potatoes in hot dish pour it over them. Or for *Browned New Potatoes*, when cooked and drained, put in a skillet with hot drippings, tablespoon baking molasses, dropping it on the potatoes and stirring constantly a moment or two, as it causes them to burn easily, then serving at once. The molasses browns them beautifully and makes them delicious. This is a nice way to brown any potatoes. Using Parsley Butter in the melted butter dressing, makes a savory dish.



Frying Basket.

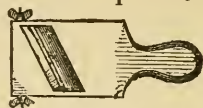
Broiled Potatoes.—Boil a quart of even-sized potatoes until tender, but do not let them grow mealy; drain off water, peel, cut in half inch slices, dip in melted butter, and broil on both sides over a moderate fire; serve hot, seasoning with salt and pepper and bits of butter. Some dip in sifted bread-crumbs after dipping in butter. Or slice cold boiled potatoes lengthwise and broil as above, omitting the dipping if wished. The double broiler is nice for broiled potatoes when sliced. Or parboil, do not peel, but place them whole on the gridiron over a very slow fire, when thoroughly done serve in their jackets. For *Breaded Potatoes*, slice as in first two recipes, single-bread (page 267) and fry in butter or drippings.

French Fried Potatoes.—Wash, peel and slice as thin as an egg-shell, always cutting crosswise; when butter is very hot in frying-pan, add potatoes and fry as above, shaking them so as to cook them equally; drain on a sheet of kitchen paper placed in dripping pan in oven, a few minutes, sprinkle with salt and serve hot. Or, cut in fancy shapes with a vegetable cutter and fry in smoking-hot

fat. For *Fried Grated Potatoes*, grate cold boiled potatoes, mix them with a little flour, melted butter, and salt until they form a stiff paste. Form a roll and slice this, as thick as two pieces of potato or frying. Single-bread and fry.

Mashed Potatoes.—Pare, if large cut in two, and boil till done; drain and mash in kettle till *perfectly smooth*; add cream and milk, butter and salt; beat like cake with a large spoon or fork, the latter is preferable, till light and foamy, they cannot be thus beaten too much; dip out lightly into a hot dish and literally coax into a delicate mealy heap, instead of packing and smoothing into a shapely mass. Allow about a teacup cream or milk and piece of butter size of an egg to a dozen medium-sized potatoes. Some have the cream *hot*, thinking it makes them much nicer; others boil potatoes in jackets, then peel and prepare as above, using only the large fork without the masher, and when ingredients are added, potatoes very hot, dish lightly and draw the fork backward over the potatoes to make a rough surface, browning with a hot salamander, if liked. Some rub through a sieve with the potato masher, then dress and beat with the fork. But however prepared it is very essential to beat till *very light* and serve *very hot*, and of course there must not be any lumps. To keep hot for any length of time, place saucepan, or pan in which they were mashed, in pan of hot water, and leave on back of stove. When potatoes are dished, those who prefer a smooth surface can smooth over top, making several holes in it with bowl of spoon, filling with pieces of butter and also dotting with a little black pepper; although if any pepper is used in seasoning, especially if mixed through the mashed potato, the white is preferable. Mashed potatoes may be made into any form of apples, pears, etc., by being molded with the hand; a clove inserted for the eye of the fruit, and a piece of parsley stem for the stalk, then placed in oven till hot, or in a pan set in another of hot water on stove. For *Browned Mashed Potatoes*, after mashed as above, heap on a small, oval platter, shape like a pyramid and perfectly smooth, then cover with a well-beaten egg and set in the oven to brown. Or add one or two well-beaten eggs, mix thoroughly, put in baking dish, dip a knife in sweet milk, smooth over, wetting every part with milk, and place in a hot oven twenty minutes. For a *Puree of Potatoes*, pare and boil six potatoes, drain them well, mash smoothly or beat them up with a fork; add third of a pint stock or broth, and rub potatoes through a sieve. Put the puree into a very clean saucepan with two tablespoons butter; stir well over fire until thoroughly hot, and it will then be ready to serve. A puree should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand.

Saratoga Potatoes.—Pare and shave the potatoes in *very thin* slices, like wafers, on the vegetable plane; let stand from fifteen minutes to an hour in ice-cold water, some adding salt or a piece of alum, size of a pea, to a quart of water, to chill and crisp the slices; drain and dry in napkin. Separate the slices and drop in kettle of smoking-hot fat, tested as directed in Fritters, as many as will float on top without touching each other, care being taken not to fry too many at once; some only put in eight or ten slices. Keep them separated by means of a fork, turning when the edges begin to color; and before this when slices commence to cook one must watch very closely, as although they cook slowly at first, they finish very quickly, and after turning will soon be a golden brown; when skim out with a wire spoon and put either in a paper-lined colander or dripping-pan, set in oven or back of range; sprinkle with salt, and continue to thus fry and drain till all are prepared. Three medium-sized potatoes will be sufficient for four persons. Serve, either hot or cold, on a platter and they are also pretty used as a garnish. They can be kept nice and crisp in a dry warm place, and may be prepared quite awhile before serving, if necessary. When they are bought, always reheat in oven before using. The length of time of standing in water is immaterial, being governed by the wants of the cook. Use kitchen, or any brown paper for placing in colander or pan. *Castle Potatoes* are sliced lengthwise, half inch thick and fried as above. For a breakfast dish



Vegetable Plane.



Saratoga Potato Kettle.

Triangle Potatoes are much prized; pare small potatoes, divide in halves then in three pieces; place ten or twelve triangles in frying basket and immerse in the hot fat eight or ten minutes. Drain as above and serve. Very small ones can be fried whole. Cold cooked potatoes may be prepared in same way and also as *Castle Potatoes*. Some fry *Saratoga* potatoes, a half pint or so at a time, in the frying basket; and there is also a regular *Saratoga Potato Kettle*. In frying potatoes in basket as soon as fat is smoking hot again after putting them in, set back where potatoes will not cook too fast. If the cooking is too rapid they will be brown before they are crisp, especially if fried in a quantity in the basket, which is a quicker way but potatoes are not so nice.

Scalloped Potatoes—Season, add cream to mashed potato and lay in scallop shells, smooth the surface with blade of knife, and then score them across; lay thin slices of butter upon them, and bake until well browned, serve hot in the shells. Or cut one quart cold boiled potatoes in *very thin* slices, and season well with salt and pepper. Butter an earthen baking dish, cover bottom with layer of White Sauce, add layer of

potatoes, sprinkle with chopped parsley, then another layer of sauce, then potatoes, and so on till all are used. Have sauce for



Scallop Shell.

last layer and cover with fine bread crumbs, put a spoonful butter in little bits on top and cook twenty minutes. A cup of chopped ham or any kind of meats may be used with potatoes. Or cut in rather thick slices with some bread in small-sized pieces (without any crust), and place bread and potatoes in the dish, alternating the layers. Cover with White Sauce in which a bay leaf has been cooked. Strew sugar upon the top and slightly brown in oven. Or for *Sauced Potatoes*, prepare as in second recipe, placing all the potatoes in dish, then covering with the sauce and bread crumbs; or the potatoes may be sliced raw, cooked in a little water till tender, then placed in dish and finished as above. Use cream, milk, or water in making the sauce as directed on page 121.

Stewed Potatoes.—Put in saucepan a tablespoon butter, when melted add a level tablespoon flour, cook a few minutes and add a scant pint milk or cream, season with salt and pepper; when it boils add a pint sliced, cold, boiled potatoes, cover and cook till potatoes are thoroughly heated, about ten minutes; stir once or twice, or if cooked in custard kettle will not need it. Some add tablespoon finely-chopped parsley, and just before serving, place on back of stove and when boiling has ceased, stir in yolk of an egg beaten with a teaspoon water and for *Walnut House Potatoes* use soup and gravy stock instead of milk, adding with the egg, or two if liked, a teaspoon lemon juice and another tablespoon butter. Potatoes may be cut in dice or quarter-inch slices. For *Potatoes a la Maitre de Hotel*, cook as in first recipe, omitting the milk and adding the parsley with juice of half a lemon; stir well in this sauce and serve very hot. Some add three or four tablespoons of gravy from roast meat, or good gravy stock.

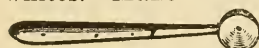
Stuffed Potatoes.—Wash ten large potatoes with a brush; bake only until tender, not mealy, not more than half an hour; cut off one end, scoop out inside with teaspoon, rub through a sieve or mash thoroughly, put in saucepan containing two tablespoons butter, three of grated Parmesan cheese, saltspoon white pepper and teaspoon salt, adding a little boiling milk, stir all over fire until scalding hot; then fill potato shells with mixture, put on ends, press potato gently in shape, heat them in the oven, and serve in a napkin placed in a hot dish. Or omit cheese, fill shells full, brown in oven or with a hot salamander and serve as illustrated. Or take rather large cold steamed (pared) potatoes, cut off tops, and with a round-topped knife carefully remove most of the inside, leaving simply a protecting wall; fill with chopped raw oysters slightly seasoned with pepper and salt and mixed with an



Stuffed Potatoes.

egg, cover with tops, moistening edges with white of eggs to make them adhere, and place in warm, not hot oven, for a few minutes, then single-bread and fry in hot lard.

Potato Balls.—Stir into nicely seasoned mashed potatoes, beaten yolks of one or two eggs; make in small balls, single-bread and brown in oven; or fry in frying-pan, or as fritters. A little parsley or chopped onion may be added. Or *With Meat*, mix with one pint mashed potato, a tablespoon butter, two of cream and season with salt and white pepper, add beaten yolks of two eggs and scant half pint grated cold ham, and lastly the well-frothed whites. Make in balls, flouring the hands slightly, roll the former



in flour and fry as above. Nice served in center of platter surrounded by Brown Sauce or any good gravy. Or for *Potato a la Parisienne*, cut balls with a vegetable cutter from either cooked or raw potatoes and fry as above. If from the latter, boil in water eight minutes, then fry. Season with a little pepper, salt and chopped parsley.

Potato Biscuit.—To a pint mashed potatoes add one beaten egg, when perfectly smooth add sufficient sugar to make quite sweet; add well-frothed whites of four eggs, a pinch salt and a deserts spoon of orange-flower water, or any flavoring wished, and place in either round or oblong biscuits upon a paper-lined pan as Lady Fingers. Bake slowly until nicely browned and remove paper when biscuits are cold. For *Potato Sandwiches*, take mashed potato, add pinch salt, a little milk and sufficient flour to make a light dough; roll out rather thin, cut into squares and toast in folding wire toaster, or broil on a gridiron; place two together with a little butter between and serve hot.

Potato Croquettes.—Pare six potatoes, cut in small pieces, put in boiling water and cook till soft; drain, and put through a colander, mix three eggs (one at a time) with the potatoes; add two tablespoons bread-crumbs and a little salt. Cook, stirring constantly; when thoroughly heated take off, let cool, roll into balls and fry in hot lard as directed in Fritters and Croquettes. Sweet Potatoes prepared in same way. Or cook as above one pint mashed potato, gill milk, three tablespoons each butter and sugar, a little nutmeg and teaspoon salt. Take off, add two well-beaten yolks, stir until very smooth and light, spread about half an inch deep, on a buttered dish and set away to cool. When cold, cut in squares, single bread, using the whites, and fry as above. Serve immediately. Or roast a dozen fine potatoes. When done, scrape out the interior,



Potato Croquettes.

which form into a ball. When cold put into a mortar and mix with six tablespoons butter, season with a little salt, pepper, chopped parsley and shallots and grated nutmeg. Add beaten yolks of four and two whole eggs, form into croquettes the size of a small

pear, or in a small roll; double-egg-bread, page 267, and fry in a kettle of hot fat or in a little butter or drippings in frying pan. Garnish with sprigs of fresh green parsley, and serve very hot. Or *With Gravy*, cook them in boiling gravy or milk. When done serve them in the sauce. If preferred, a little anchovy, shrimp, parsley, or lobster butter may be used in place of the herbs, etc.

Potato Fritters.—Put five tablespoons flour into a bowl, mix with it teaspoon salt and half of white pepper, pour tablespoon salad oil into center and over this a gill tepid water, beating all well together; add well-beaten white of egg, stirring very carefully in order not to break the froth. Quarter five boiled potatoes, and dip each piece separately in batter. Drop in hot clarified fat, fry three minutes, drain, and serve hot.

Potato Omelet.—Take three or four steamed potatoes, mash, season, and add a little cream; then stir this with the yolks of six eggs and the whites of two. Fry till browned on one side, fold and serve at once. Or quarter four cold boiled potatoes, cut in thin slices or dice, season and add beaten yolks of four eggs, and lastly the well-frothed whites and fry as any omelet.

Potato Pancakes.—To two grated large raw potatoes, add two beaten eggs, a tablespoon thick cream, salt and pepper, a little spice, and if wished, a little grated lemon peel. Drop a spoonful at a time into a skillet in which is some melted butter or beef drippings; spread out rather thin; when brown on both sides sprinkle a little sugar on them and serve.

Potato Pie.—Make a crust as for chicken or beefsteak pie, line a deep pie pan and fill with freshly cooked potatoes mashed and seasoned to taste with salt, pepper, butter and cream; over this sprinkle a little summer savory, if liked, or sprinkle with a little catsup, chowchow or any fine pickle, cover with crust and bake in quick oven until crusts are done; serve with fried chicken, veal cutlets, or any other meats with which a brown gravy is served. Or for a *Deep Potato Pie* take a small quantity of meat of any kind—half pound is sufficient, and bacon, ham, potted fish with hard-boiled eggs, odds and ends of beef, or poultry will answer the purpose; cut any of these into pieces, lay in bottom of baking dish, season; pare and slice a quart of raw potatoes, place over meat, strew over bits of butter, cover with a crust if liked or sprinkle with bread crumbs, or omit either, and bake in rather a slow oven. Slice cooked potatoes can be used, making an economical and palatable way of serving up odd scraps; if any sauce, such as bread, parsley, white, etc., is left, it may also be added to the pie, and if wished the meat can be omitted if sauce is used; or mashed potatoes may be taken, putting in layers with chopped pickles over each layer of meat; or other cooked vegetables, such as spinach, tomatoes, asparagus, etc., may be

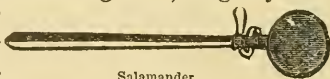
used in place of meat. There should be about three times as much potato as meat, fish or vegetables. When cooked, fresh fish is used, mix a raw egg with it instead of slices of hard-boiled eggs, as above.

Potato Puffs.—Beat three cups mashed potatoes to a cream with quarter cup butter, add three well-beaten yolks, half cup sweet cream, or part milk, tablespoon sugar and pinch of salt with the well-frothed whites. Bake in spoonfuls on a well-buttered pan in a quick oven; when done, slip a knife under, slide upon a hot platter and serve at once, garnished with parsley.

Potato Slaw.—Slice six or eight cold boiled potatoes into a crock, with one large or two or three small onions, season with salt and pepper and pour cup vinegar over. Heat two tablespoons drippings and pour over very hot, stir all well together with a fork, taking care not to break potatoes; let stand four or five hours, stir again, put in dish and serve. More onions may be added if liked. Make from cold potatoes left at dinner and will be ready for tea.

Potato Snow.—Boil fine, white, mealy potatoes, drain off, and set on back of stove with a cloth over them till they are quite dry and fall apart; then, using a potato masher, rub through a hot colander or coarse wire sieve upon the hot dish in which to be served, taking care not to crush the snow as it falls, *never touching it*. It will drop in long coils, which heap themselves up invitingly, or by shaking the colander lightly, every other minute, it will fall off in short grains and is known as *Potato Rice*. In either case only rub a small quantity through at a time, and do not let the colander touch the potato. Some boil in their jackets, and others first mash them, then finish as above. Sprinkle with salt, and a very little sugar, if wished, and serve very hot.

Potato Whip.—Take a pint of steamed potatoes and whip them *very light* with a silver fork, adding half cup cream or milk, two tablespoons butter, yolks two eggs and seasoning to taste. When as light as a feather add the well-frothed whites, and heap lightly, without smoothing, in a quart soufflé or baking dish, slightly buttered, and brown quickly in oven, or use a hot salamander. If wanted extra nice, use whites of two more eggs. Or, *With Meat* add tablespoon each, grated onion and minced parsley with a gill or more of grated, cold cooked ham. Pile in dish and sprinkle with sifted bread-crumbs or grated cheese, if liked; brown and serve as above.



Salamander.

Baked Sweet-potatoes.—Wash and bake in oven in their jackets one hour, and serve without peeling; or *With Meat*, steam or boil them, remove skins, place in pan around the meat and baste often, browning nicely; or they may be put around the meat without first cooking, but are not as nice and will not brown well. If

large cut in two lengthwise or even quarter them, and turn as needed. Sweet-potatoes are delicious with Roast Pork. For *Carolina Sweet-potatoes*, slice raw potatoes, put in baking dish, sprinkle with sugar and more than cover with water; cover the dish and bake about two hours. The syrup-gravy is much prized. Or for *Texas Sweet-potatoes*, peel, place in pan, pouring a little hot water over them, set in oven and bake, turning them so as to brown evenly; pour in more water as needed; let the pan be about dry when they are done. Serve on hot dish. Or boil or steam till nearly done, peel and cut in lengthwise slices; put a layer of potatoes with bits of butter dotted over them, and sprinkle well with sugar; add another layer of potatoes, butter, and sugar, until dish is full. Add very little water, and bake. For *Perfection Sweet-potatoes*, slice cold boiled potatoes crosswise, in half-inch slices; dip in egg then in farina, and sprinkle over with sugar. Place in a hot dripping-pan and dot each piece with a bit of butter and brown in oven about ten minutes. Serve on a hot dish. For *Roasted Sweet-potatoes*, roast in ashes, as Irish potatoes, remove skin and serve. They have a delicious and peculiar flavor so cooked. Sweet-potatoes prepared in any way are especially nice served with chicken. Always cut off ends, when preparing for baking, the same as Irish potatoes.

Boiled Sweet-potatoes.—Wash and boil as Irish potatoes, without any salt; when tender, peel and place in oven to dry and brown delicately, if wished. Serve like Irish potatoes, a dressing of melted butter being nice. The best way to cook them is as *Steamed Sweet-potatoes*, finishing as above. For *Mashed Potatoes*, boil or steam and prepare as Irish potatoes. However cooked, they require more time than the Irish.

Browned Sweet-potatoes.—Put in a frying-pan half cup each butter and lard, cup sugar, and pint water; pare potatoes, slice lengthwise if large, add and keep closely covered, boil until water boils away, then brown nicely but do not let burn. After removing potatoes, pour in cup cream, let boil and pour over potatoes. Serve hot. Or cut cold boiled potatoes in thick slices and season. Have butter or drippings in frying-pan and add slices to cover the bottom; brown and turn as pancakes. Sliced raw ones may be prepared same, being careful not to cook too long as they will become hard. *Par-snips* may be browned as above.

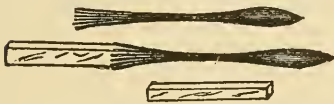
Fried Sweet-potatoes.—Peel, slice, and drop in smoking-hot fat, turning to nicely brown both sides, or fry sliced cooked ones same; or single-bread, some using flour instead of crumbs and fry.

Glazed Sweet-potatoes.—Boil till tender, peel carefully, and lay in buttered dripping-pan, in a good oven; as they begin to crust over, baste with a little butter, repeating this several times as they brown; when glossy and a golden color, dish and serve while hot.

POULTRY.

What can be more tempting to the epicure than a handsomely browned and crusted fowl? And although poultry is not considered equal to fish as a food for brain-workers, it contains more of the muscle-making and heat-producing elements than beef or veal. This is especially the case with the thighs and legs of chickens and turkeys, which are far superior to the breast as real food. The latter is dry and somewhat tasteless while the former is juicy and of rich flavor. While this is true of poultry and the larger game; with birds which live "on the wing" it is just the opposite; their breasts are juicy and more nutritious while the meat on the thighs is poor and dry. There are many ways of preparing poultry besides the tempting roast, which make delicious and dainty dishes; but the first secret of success lies in the care of, killing, picking, singeing, plumping, cutting up and dressing of chickens and turkeys. Very full and complete directions for which are given, in Cutting and Curing Meats in the back part of book. After a fowl is nicely dressed, if to be served whole, it can still be made to look more plump by flattening the breast bone; place several thicknesses of cloth over the latter and pound it, being careful not to break the skin; then rub inside well with salt and pepper. Make any stuffing or force-meat wished and stuff the breast first, but not too full or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong darning cotton, and sew the skin of the neck over upon the back or down upon the breast, remembering that these threads must be carefully removed before sending to the table. Lay the points of the wings under the back, and fasten in that posi-

tion with a skewer run through both wings and held in place with clean twine; press the legs as closely towards the breast and side-bones as possible, giving an upward and pushing motion, and fasten with a skewer run through the body and both thighs, push a short skewer through above the tail, and tie ends of legs down, with a twine, close to the skewer; then place the fowl on its breast and take the strings which tie the legs and bring them around the skewer in the wings; pass them back and forth, across the back, to the skewer in tail two or three times and tie very tightly. Trussing thus, a handsome shape will be given, and all the strings will be on the back, so that the crust with which the breast of a perfectly roasted fowl is covered need not be broken. If one has not skewers, proceed as above, tying in shape as nicely as possible. It is now ready for roasting or boiling. If to be roasted rub over lightly with salt, or some do not use any until half done. Never use pepper, on the outside until fowl is done; as the scorching which it undergoes when on the surface, entirely changes the flavor. Always use white pepper, if any. A handsome appearance may be gained for the roast by larding the breast and where the fowls are rather dry it is a nicer way. Proceed as directed on page 459, using a smaller needle than



Needle and Lardoon.

for meats. The heating, for a moment, of the flesh renders it firmer, enabling one to lard more easily. The illustration shows a separate needle

and lardoon and one ready for use. When one can not lard, the "barding", as described, is very nice, especially for small game, such as quails, etc. Both chickens and turkeys, if roasted, are thought to be better steamed, especially if chickens are over a year old, and old chickens can be deliciously fried if, after cutting, the pieces are first steamed till tender. Stewing and boiling are well approved ways of cooking chickens of a questionable age. Always put on in boiling water, unless soup is wanted, when use cold; skim when it boils up first, and place where it will only *simmer*; which, although defined as "gentle boiling" is by competent authorities on cookery, considered *not boiling*, but just the next step; a degree of heat hot enough to coagulate the albumen, and soften the fibrin, being of the temperature of 180° when tested by a thermometer. When cooked in water kept at boiling point, which is much less effective than *simmering*, the flesh becomes tough rather than tender, and there is

both a waste of fuel and a poorly-served fowl. Putting in boiling water at first is very important in order that the surface may be quickly sealed, thus retaining all the juices; then simmering as directed, the fowl, or any meat, will be tender, jucier and finer flavored in much less time than if water is always kept at boiling point; thus proving a much more economical as well as satisfactory method of stewing and boiling. A little vinegar added to the water makes fowls more tender, and pinch of sugar adds to flavor; if very old, some sprinkle a spoonful soda over, letting stand a day or two, washing off and cooking. The same result would be secured without the soda, we think; as "hanging" for a few days, or even longer, is considered the only approved way of preparing poultry by many, especially among the English. In roasting as in boiling, have a high degree of heat at first, for the same purpose of searing the surface, then graduate to a moderate heat until done; to test which insert a fork between the thigh and body, if the juice is watery and not bloody it is done. If not served at once, the fowl may be kept hot without drying up, by placing it over a pan of boiling water, set on top of stove or range, and inverting a dripping-pan over it. The wire rack or trivet placed inside the dripping-pan is quite essential in roasting, or patty-pans or muffin rings may be used. The pan for turkey should be three or even four inches deep, and measure at the bottom about sixteen by twenty inches, with sides somewhat flaring. Some roast without water, thinking the larding or butter makes sufficient drippings for basting; others add a very little hot water. When fowls are frozen, they must be entirely thawed in cold water, before being cooked. Chickens are seasonable at all times, but "spring chickens" should be three or four months old to be a wholesome diet, as the flesh is too immature before that time. Turkeys are decidedly a fall and winter delicacy. Poultry whether roasted or boiled may be served with a Giblet Gravy made as directed in Gravies. Some of the garnishes are parsley, fried oysters, thin-sliced ham, slices of lemon, fried sausages or force-meat balls.

Boiled Chicken.—Stuff or not, as wished, and then truss as directed. Put in kettle in about a pint boiling water, adding more if necessary, but if only simmered as directed in preface, more will not be needed, unless a quantity of gravy is wished. After skimming, cover and cook till tender. It will be finer flavored if cooked in as

little water as possible. Take out chicken, add butter if needed, and a slight thickening of browned flour; this may be poured over the chicken; or any piquant sauce may be thus used, and a sauce-boat of Giblet Gravy made, as directed in Gravies, adding the water and chopped giblets to the kettle. They can be cooked with the chicken, but it would necessitate more water in order to have plenty of gravy, and the chicken would not be as nice; if fresh water is added just at last, to make gravy, the latter will not be as nicely flavored, as if it were the water in which the giblets had been cooked an hour or two. The chicken may also be served on a bed of boiled rice, and makes a handsome dish.



Boiled Chicken with Rice.

Broiled Chicken.—Split down the back and pound flat. Unless the chicken is very young, steam before broiling until almost tender, or put in a hot oven ten minutes. Boil with a few thin slices of salt pork, and serve garnished with the pork, slices of lemon and parsley.

Fried Chicken.—Cut a three pound chicken as directed and fry the back, thighs, legs and wings in a little hot fat until half done; then put in the breast in two pieces with tablespoon chopped onion, clove of garlic, chopped, and bunch herbs and fry five or ten minutes; add an ordinary slice of raw ham, diced, four or five large tomatoes, cut in very small pieces, seasoning well with salt and pepper, and when all are cooked, serve together on platter. *Fried Whole Chicken* is a nice dish when the fowls are young and tender. Truss as for roasting, but do not stuff, then fry by immersing in hot fat until a nice brown or first single-bread them. The chickens may be steamed until tender, then fried as above. Chickens fried after any method given may be garnished with fried oysters, hominy or rice.

Jellied Chicken.—Soak an ounce gelatine in cup cold water twenty minutes; squeeze it quite dry and melt it in pint clear stock in which a large tablespoon marjoram and half a rind of a lemon have been simmered ten minutes. Season to taste with salt and pepper and strain. Cover bottom of a mold half an inch thick with the gravy and when nicely set in jelly, place upon it slices of hard-boiled eggs, slices of beet and gherkins cut in fancy shapes. Mince together the meat from two boiled chickens and a half pound each cooked ham and tongue; season and press this into compact shape and put in centre of mold, leaving an inch of space around every side; fill this space with the jelly which should not be poured in until quite cool so that it may harden quickly and preserve the shape of the meat. This dish may be made very handsome and in cold weather will keep a week. For a more elaborate dish, cover bottom of mold with a clear gelatine or aspic jelly about an inch in depth; when it stiffens, put a sprig of

parsley in center, spreading the leaves, leaving the stem up and hold it thus while pouring in a little more half-thickened jelly; when this hardens cut a hard-boiled egg in two lengthwise, and lay the halves obliquely across it; cover these with jelly, and when hard lay in long, delicate strips of breast of chicken, seasoned with pepper and salt; cover with jelly to within an inch and a half of top; when hard, put a lining of very thin lemon slices around mold, lay in more bits of chicken, fill mold with jelly, and place on ice. While filling mold, keep the jelly standing in hot water as it must not harden, and the mold in a pan of ice, unless it is *very* cold weather, when mold may stand outside a window. Always wet mold with water before using. When making chicken salad, if all bits of the meat rejected from the salad are put back into quart of chicken liquor, thickened with gelatine or corn-starch as above and turned into a mold lined with sliced eggs, a very good *Plain Jellied Chicken* will result. Some add to the broth an onion, stalk celery, twelve pepper-corns, piece of mace, four cloves, white and shell of one egg and salt and pepper to taste. Three tablespoons corn-starch may be used instead of the gelatine. Sliced hard-boiled eggs, and thin slices of lemon, if liked, neatly arranged around bottom and sides of mold or bowl add greatly to the appearance of the dish. Or put in layers of eggs and chopped chicken alternately. Stuffed Eggs in halves are also molded with chicken with pleasing effect. Some put in pudding dish and bake, turning out when cold.



Jellied Chicken with Eggs.

Masked Chicken.—Dissolve half ounce gelatine in four table spoons cold water; put a quart stock in saucepan with tablespoon vinegar, sprig of parsley, half teaspoon black pepper and half salt-spoon salt, and when hot add the dissolved gelatine. Beat whites of three eggs, adding four tablespoons cold water, and stir into mixture in saucepan with fork or egg whip. The moment it boils draw to back of range and simmer slowly twenty minutes, then strain through clean towel and let stand overnight. Next day cut wings and legs from cold boiled fowl, trim neatly, cut two fillets from the breast, taking care not to break the grain of the meat, and remove skin; melt two tablespoons butter in saucepan, stir in four table-spoons flour, add gradually half pint milk and when boiling add a gill cream, seasoning of white pepper and salt, and stir while it boils two minutes. Take off fire and add tablespoon of the cold jelly prepared as above. Then dip the pieces of chicken into this sauce and place on a sieve to drain and cool half an hour. When quite cold arrange the pieces of masked chicken neatly in bottom of dish, chop the cold jelly coarsely and scatter over them and garnish with parsley. Or the hot sauce may be poured over the pieces of chicken, set away to cool, and at serving time dish them, with the sauce that will adhere. on large slices of cold sweet-pota-

toes, fried a golden brown in butter, putting a lump of the jelly on each piece of chicken. Garnish with parsley.

Roast Chicken.—After cleaning, stuff and truss a six pound chicken as directed in preface, using for the filling, pint and a half dry bread-crumbs, four tablespoons warm milk, half cup butter, level tablespoon salt, teaspoon each chopped parsley, white pepper, and summer savory, half teaspoon each powdered sage and marjoram and yolk of an egg, mixed well together. Or omit egg and milk and use half pint butter melted. Place chicken on its side on trivet, in pan in hot oven and baste every ten or fifteen minutes with a little water and butter. When half done, season with salt and continue to dredge, baste and froth as in Larded Turkey. When done, dish and make a Giblet Gravey as directed. Some add a little hot water at first, others when half done. Or for a *French Roast*, dredge with salt, rub over thickly with soft butter, then dredge very thoroughly with flour; place on the trivet and in ten minutes add a little hot water to pan; baste and finish as above. Serve when nicely browned and frothed, with Giblet Gravy. It is claimed that the rich paste of butter and flour keeps in the juices giving a fine flavored roast, and that it is really more economical, less butter being required then when simply basted with melted butter. Or roast and baste as in first recipe, and when tender, season and spread over a smooth paste of two tablespoons butter and four of flour and serve when nicely browned without more basting. Or for a more elaborate dish stuff and truss, then lard as directed in preface and roast as above, basting with the drippings, using butter and flour with which to froth it nicely at the last. Or bone the chicken as directed in Cutting and Curing Meats, leaving in the leg and wing bones, and stuff with bread-dressing or any force meat, then sew in shape trussing the wings and legs close to the back; lard and roast as above. This makes a nice dish to serve, as being boneless, is easily carved across in handsome slices. Veal Force-meats is delicious with this.



Larded Chicken.

Smothered Chicken.—Cut up chicken in seven or nine pieces and put in dripping-pan in pint boiling water, sprinkle in salt, pepper, flour, and dot with bits of butter; cover closely with another pan and bake two hours in moderate oven. If the chicken is very tender, less time will do: if tough more is necessary. When tender, take the fowl from the pan and keep hot till ready to serve. Make a gravy from what is left in the pan; if there is much fat, pour it off and add enough flour rubbed smooth in a little water to thicken. Or split the chicken down the back as for boiling, lay inside down in baking-pan, add water and cover as above; then bake forty minutes, when baste freely with butter and a little of the gravy or drippings from fowls. In ten minutes baste again with gravy from the pan and in five more, with melted butter, dipping it

plentifully all over the fowls, which should now begin to brown. Season with salt and increase heat, still keeping chickens covered. A few minutes before dishing test with a fork. When tender serve with Giblet Gravy. Some prepare thus and let cook without basting till tender and beginning to brown. Then spread over with a paste made of two tablespoons butter and four of flour and baste every ten minutes with drippings in pan until a rich brown. Serve with a gravy poured over chicken made by adding milk and thickening to drippings in pan. Or *With Oysters*, stuff and truss as directed, fill the breast with chopped oysters, parsley and bread-crumbs and stuff the body with oysters alone, put in a clean tin pail with closely fitting cover, and set in kettle of cold water. Cook slowly for more than an hour after water in outer vessel begins to boil. If the fowl is not young, it may require cooking two hours. *Do not open the tin pail in less than an hour.* When chicken is tender, take out on hot dish, covering immediately. Turn the gravy into a saucepan, thicken with tablespoon corn-starch, and three tablespoons cream, chopped parsley, seasoning to taste, and yolks of three hard-boiled eggs, chopped fine. Boil up once, pour a little over the chicken, and serve the rest in gravy-boat.

Steamed Chicken.—Rub chicken on the inside with pepper and half teaspoon salt, place in patent steamer or over a kettle that will keep it as near the water as possible, cover, and steam an hour and a half; when done keep hot while dressing is prepared, then cut them up, arrange on platter, and serve with dressing over them. The dressing is made as follows: Boil pint gravy from kettle without fat, add cayenne pepper and half teaspoon salt; stir six tablespoons flour into quarter pint cream until smooth, and add to gravy. Corn-starch may be used instead of flour, and some add nutmeg or celery salt. Or stuff, truss, steam and brown as directed.

Stewed Chicken.—Cut up chickens as for frying, place in boiling water to cover and stew as directed in preface until tender, adding more hot water occasionally as needed. When done, add tablespoon butter mixed with tablespoon flour, stirring it in a little at a time, and season with pepper and salt. Or put the butter in the stew and mix the flour smooth in a little water before adding. A pinch of sugar is an addition to all stews. For a *Creoled Stew*, cut up a chicken and fry slightly; then take out pieces of chicken and dredge a little flour into the fat they were fried in; add sufficient water to make the gravy and one pound of skinned and cut-up tomatoes, with a medium-sized onion also cut up, and a little chopped parsley, cayenne, and black pepper; season to taste with salt, and stew until thoroughly incorporated; put in the chicken with three tablespoons butter, and stew two hours longer; then put in a pint of well-washed rice and stew another hour. Serve with the gravy poured over.

Truffled Chicken.—Bone one chicken, cut off the fillets or white meat of two or more and lay them all side by side on the table. Cut a half pound fat salt pork in thin strips, score gashes in thick parts of the chicken and lay in the strips, cut up a large can of truffles and arrange the pieces evenly where they will show the black spots in the white meat when chicken is sliced. Dredge well with salt and white pepper, a little nutmeg and powdered thyme. Then lay the chicken breasts in the thin places of the boned fowl, bring the two sides together and sew up the fowl into nearly its original shape. Roll in a floured cloth, tie and pin it, and boil two hours in salted broth. Press it while cooling. Take off cloth, when cold draw out threads from fowl and serve either incased in Aspic Jelly, or coated with glaze, or slice and arrange nicely on a dish.

Chicken Cutlets.—Cut off legs of a chicken with all the meat that can be obtained by cutting close to the body, and also the breast meat attached. This will give four pieces of chicken with a bone in each one which must be scraped up like cutlet bones with plenty of meat at the end of it, the same as a lamb chop. The leg cutlets consist of drumstick and second joint; the others have the fillet or breast and the wing bone. Chop off the knob ends. The bone of second joint should be loosened from meat, all meat pushed to one side of it, and the bone pushed through a hole made in edge of meat—to make it look like a lamb chop—and the ends of bones should be scraped clean for about an inch. When all are prepared, parboil by dropping the cutlets in boiling water or broth well seasoned, or they lose their shape. When they have boiled five minutes lay them flat on dish or pan, put other dish and a heavy weight on top and let them get quite cold. After that trim and shape them neatly. Single-bread each cutlet, using cracker-dust, and fry in lard or butter in frying-pan. Or they may be larded as directed, and cooked as above without breading.

Chicken Fillets.—The fillets are the pieces on each side of the breast bone. For cutting see Cutting and Curing Meats. They are nice larded with fine strips of fat salt pork, then single breaded and fried and serve on hot dish with spoonful Tartare Sauce on each. These are called *Breaded Fillets*. Or they may be pounded lightly with the potato masher to flatten them, seasoned with pepper and salt, dredged well with flour and fried in two tablespoons butter about twenty minutes, or until a nice brown on both sides. Make a gravy by adding a cup and a half milk to fat in pan, with tablespoon flour and seasoning to taste. Serve the *Fried Fillets* resting against a mound of mashed potatoes or green peas with the gravy poured round, and all very hot.

Chicken Fricassee.—Cut up and cook in boiling water, skin side down until tender with a small carrot pared and left whole and one dozen small onions, peeled; then take up and keep hot while



Chicken Fricassee.

with an egg whip until quite smooth; season to taste with salt and pepper, and dish on hot platter; a half can mushrooms greatly improves the flavor. In serving any of the above ways, arrange pieces as nearly as possible to simulate a whole chicken, and garnish with tufts of parsley or tender inside heads of lettuce.

Chicken Patties.—Pick meat from one or two boiled chickens, cut into long strips then across into small dice. Put in saucepan, season with white pepper or cayenne, a grating of nutmeg, the juice of half a lemon, salt and tablespoon butter. Pour over it a pint white sauce to each pint chicken, gently simmer at back of range or on a brick on top of range till time to serve; then fill heated Patty Shells with it. Or add to the diced meat from one chicken a cup each cream and the broth it was cooked in, butter size of an egg mixed with tablespoon flour and simmer gently until it begins to thicken; add beaten yolks of two eggs, pepper, salt, little grated nutmeg and lemon peel, and just before serving the juice of a lemon. Fill shells.

Chicken-pie.—Cook four or five potatoes with the chicken when stewing, before it is quite done, with a seasoning of salt; then put alternate layers of chicken and sliced potatoes, in the pan or dish, with the bits of dough, and cover with a crust; make an opening in the center and put in the liquor from the chicken. If new potatoes are used they do not need to be first cooked. A little chopped parsley or celery improves the pie, and always add a pinch of sugar. Some put in a pint of sweet cream just before the pie is done,



When Opened.

let cook a minute and serve. Some line bottom of dish with crust, put in oven till partially baked, then line the sides, fill, cover and bake; it is always difficult to bake the crust on the bottom of dish unless this plan is adopted. A better plan is without bottom crust as above. Elaborate molds are made for pies, such as the closed mold given; the crust being placed in it after it is buttered, and then pressed well into the indentations; fill and cover as above. When done, take out the wires fastening the sides together, and remove pie to a hot platter, and serve at once. For another *Panned Pie*, chop pieces of roast, or any cold chicken in about half-inch dice, add any bits of dressing and moisten with gravy, if any, adding hot water as needed; stew till well heated, season, and place in pie pan lined with a plain paste, cover with a Puff Paste and bake. A little Chilli Sauce or any chopped pickle may be added.



Chicken Pie.

Chicken Pot-pie.—Grease a deep pot with lard, roll out enough plain crust to line it, cutting out the bottom; as the pieces of chicken are put in, strew in flour, salt and pepper, a few pieces of crust rolled thin, and a few parboiled and sliced potatoes; cover this with water, and then with paste with a slit in the middle. Cook slowly two hours, adding hot water if necessary. *Veal and Lamb* may be made in same way. Some leave the lining whole, cut out two or three rounds of paste or dough a little smaller than the kettle and put in with layers of chicken and seasoning at bottom and between, adding a half cup water before putting on top crust, and bake in moderate oven three-quarters of an hour. Serve turned out on dish with sauce-boat of gravy made as for Chicken Pie. Another way of preparing is to cook the chicken in three pints water; first cooking tablespoon butter, a large onion and three slices each carrot and turnip, all cut fine, half an hour, stirring constantly, then pulp them through a colander into the kettle with the chicken. Stir three tablespoons flour, with two of chicken fat, in pan in which vegetables were fried, until brown and add to chicken; season well with pepper and salt and stew gently two hours. Fifteen minutes before serving drop in some dumplings and place kettle where it will cook rapidly. Dish chicken in center of platter and dumplings around, serving gravy in sauce-boat.

Chicken Pudding.—Soak a cup bread-crumbs in cup boiling milk in which pinch of soda has been dissolved, and beat very light; let cool while mincing cold chicken and a slice of boiled ham very fine; mix the meat with the bread-crumbs, season with pepper and salt and tablespoon butter, add two well-beaten eggs, beat all up well, turn into well-buttered baking dish and bake in brisk oven. When it puffs up a light, delicate brown send at once to table in dish in which it is baked. If flavor is liked, boil half an onion in the milk, skimming out before pouring over bread-crumbs. Always add a pinch of sugar to above pudding.

Chicken With Asparagus.—Cut two chickens in seven pieces each, leaving the breast and breast-bone entire. Cook all but latter in four quarts boiling water; when commencing to be tender put in the breast and when done, take out and let cool. The meat, except the breasts, can be used for Chicken Salad or any dish wished. Take the breasts when cold, or when ready to use, cut carefully from the bone and trim neatly, cutting in two or more pieces; make hot in a little chicken broth, kept from stewing the chickens, place on platter and pour over a *Magical Sauce* made as follows: Add to the chicken liquor, a few slices of carrots and parsnips, and a stalk of celery and a very little lemon; when well-flavored with the vegetables, strain through the crash towel kept for straining soups, etc., and place the broth in a saucepan, add two tablespoons each flour and butter, stirred together over the fire, but not browned; let this cook slowly till reduced to a quart, then add liquor from a can of mushrooms, and again reduce to less than a quart; beat in a

tablespoon butter, a squeeze of lemon juice, salt, pinch of sugar and cayenne, and cup of boiled cream, a little at a time, just before serving, making it of the consistency required, and then pass it through a fine strainer. After pouring it over the breasts of chicken, dot it here and there with the asparagus heads cooked in a little water till tender and then fried a moment or two in a little butter. The great beauty of the dish, with sauce looking as glossy as white satin, just thin enough to settle down smooth, yet too thick to run off the meat, and spotted all over the surface with the green heads and bordered with the same, well repays one for the trouble, and it is as delicious as it is elegant.

Cantons De Rouen.—Cut off bone of leg about an inch from joint, giving a large sweep of skin. Take bone out of leg without breaking the skin; make a dressing of one half cup bread, soaked, squeezed and seasoned with salt, pepper and any herb except sage. Stuff leg with this, sew up and trim in shape, as near like little ducks as possible. Place in pan upon a bed of vegetables, (slices of turnips, carrots, onions, bay leaf, and two or three slices salt pork), or baste with a little butter, and bake one half hour.

Boiled Turkey.—Prepare turkey as directed. Chop very fine six stalks nicely-blanchéd celery and add to the bread dressing. Or cut the celery in third of an inch pieces, season with salt and a pinch of cayenne and fill turkey with it; then sew and truss as directed. Serve with Celery Sauce, or stir together in saucepan two tablespoons each flour and butter, when smooth add a quart of the turkey broth, season and add the chopped giblets, having cooked them with the turkey, as more water is required with it than with chicken. Celery may be added to this sauce, letting cook till tender, or oysters, when simply boil up once and serve. For a *White-boiled Fowl*, first cover breast with slices of lemon, and put over these a sheet of buttered paper, then tie in the floured cloth; place in boiling water and simmer gently as directed, remembering that simmering instead of boiling, a chicken or turkey, prepared in any of above ways, makes them plumper and whiter. Always truss *very firmly*, as they are more apt to lose their shape than in roasting. In serving some prefer to pour some of the sauce over the fowl, putting the rest in sauce-boat. Besides the sauces mentioned above. Parsley, Lemon and Mushroom may be used, and *Rice Sauce* is very nice; to make, simmer quarter pound rice in pint milk. Season with onion as for Bread Sauce. When tender, strain and boil till thick, and a *Rice Dressing* may also be used for filling, made as follows: boil three quarters of a gill of rice in salted water till tender, but grains not broken; mix with a cup cold veal or any cold meat, or slice or two of salt pork and three or four onions, all chopped fine; season with salt and pepper and a pinch of cayenne and sugar; fry slightly in

frying-pan with butter size of an egg. This is a nice stuffing for tame *Roast Ducks*.

Boned Turkey.—Complete directions for Boning will be found in Cutting and Curing Meats, which see; only the different methods of cooking the fowl after it is boned are given here. Always weigh the fowl before boning, and allow two-thirds weight for force-meat, which is usually made of fresh veal and chicken, chopped fine, or veal and pork, or sausage meat. For each pound force-meat take a level teaspoon each powdered cloves, powdered allspice and salt, saltspoon each pepper and mace, one raw egg and juice of a lemon; mix thoroughly. Place the fowl, skin down on a board, put layer of stuffing on it about half an inch thick, on that put two strips salt pork, about three inches long and half inch wide, and the liver of fowl; then another layer of stuffing, then the little white pieces cut off by the breast-bone, when boning the turkey, and about a half can of mushrooms. Now draw the fowl together, sew vent and neck first then sew up the back. If wished, two or three truffles may be added. After fowl is sewed up, roll it in a clean cloth, large enough to have about one-quarter yard to spare at each end; tie up very tightly so as to keep in shape, with three or four strips of broad tape, or as illustrated. Weigh after it is tied, and put carcass or bones, after drawing and cleaning into as many quarts cold water as pounds the fowl weighs, and when at boiling point, skim as for clear soup. When no more scum rises add a carrot, an onion stuck with a dozen cloves, a turnip, a bunch of herbs, parsley, bay leaf, blade of mace, and any herb except sage, and a few pepper-corns tied well together. Put in turkey and boil a half hour to the pound, adding more hot water, as needed. When done, take out, letting the broth drain from it into the pot; strain the stock through a folded towel laid in a colander set in earthen bowl. Some let the turkey remain in broth till it is cold. Unroll from cloth, wash cloth in hot water, then in cold, using no soap, and wrap chicken up again, tying as at first, and put on platter; turn another platter over it, place a heavy weight on this and press till cold, or overnight if possible. Make an *Aspic Jelly* to serve with the turkey by first removing fat from the broth in which it was boiled, and to each quart broth or stock take white and shell of one egg and tablespoon cold water; put in saucepan and add the broth or stock with two packages or four ounces gelatine (this will harden three pints of stock). Stir until gelatine is dissolved and the stock looks clear, under the egg which should harden and float on top. Then strain through a double towel wrung out of hot water and placed over a bowl. After being strained half of the jelly may be colored with Caramel Coloring and different shades given according to quantity of coloring used; turn into different molds to cool and after the turkey has been pressed overnight un-



Turkey Galantine.

roll, slice and garnish, with the different shades of jelly cut in fancy shapes. Or place the whole *Turkey Galatine*, as it is sometimes called, on a platter and pour the jelly when partially cooled over it; when cold serve at table garnished with parsley and slices of lemon.

Larded Turkey.—For cooking in any way a hen turkey a year old is best, weighing eight or ten pounds when dressed. Clean, stuff, truss and lard as directed in preface; place in oven not quite as hot as for roasting meats (if the fire is very hot, lay a piece of brown paper, well greased over the fowl, to prevent scorching); put a tablespoon of butter in bits on the breast; it will melt and run into the dripping-pan, and is used to baste the fowl as roasting progresses; baste every ten minutes, watching the turkey as it begins to brown, very carefully, and turning it occasionally to expose all parts alike to the heat; it should be moist and tender, not in the least scorched, blistered or shriveled, till it is a golden brown all over. For the first two-thirds of time required for cooking (the rule is twenty minutes to the pound and twenty minutes longer) the basting should keep the surface moistened so that it will not crisp at all; meantime the oven should be kept closed as much as possible. A long gauntlet glove is a good thing to protect the hand and arm when basting. In turning pan, do it as quickly as possible; season with two teaspoons salt when half done. In the last third of the time allowed for cooking, dredge with flour by withdrawing the pan partly from the oven (resting the end on the grating which falls down, or on a block of wood or a plain stool of the proper height kept for the purpose), and cover the breast, upper portion and sides thoroughly, using a fine sifter, return pan to oven, and let remain until the flour is well browned, then baste freely with drippings from pan, and flour again, repeating flouring and browning, allowing crust to grow crisper each time; there will probably be time to repeat the process three or four times before finishing. Take care not to wash off flour by basting, always leaving in oven until all flour of last dredging is thoroughly browned. If it is necessary to turn the turkey in the pan, use a towel, and never *stick it with a fork*, as it allows the juices to escape. In roasting a large turkey, a liberal allowance of butter for cooking, including gravy for serving in two successive days, is one tea-cup, but less may be used, according to taste or necessity for economy. Baste with melted butter the last time, then dredge with flour and serve when browned; the entire surface will then be a rich, frothy, brown crust, which breaks off in shells in carving, and makes the most savory of morsels. Keep hot while making the Giblet Gravy. Always be very careful in removing the skewers and strings not to break the crust.

Roast Turkey.—Prepare as above omitting the larding, placing bits of butter or pieces of the fat from the turkey or thin slices of fat pork over the breast of turkey, if wished, and baste and finish as above. Some have the rule that when little jets of steam burst out

from the breast and thick parts the turkey is done. Serve with Cranberry Sauce, and in making, if a little clear jelly is wanted pour off a cup of the clear syrup before stirring up the berries, then mash with a spoon. Sometimes from motives of economy, the stewed cranberries are mixed with an equal amount of gravy from the turkey pan, making a *Fruit Gravy*, which is much liked; prepare in same way when cooking game.



Roast Turkey.

Scalloped Turkey.—Moisten bread-crumbs with a little milk, butter a pan and put in a layer of crumbs, then a layer of chopped (not very fine) cold turkey seasoned with salt and pepper, then a layer of crumbs, and some add a little chopped cold potato, and so on until pan is full. If any dressing or gravy has been left add it. Make a thickening of one or two eggs, half cup milk, and quarter cup each, butter and bread-crumbs; season and spread over the top; cover with a pan, bake half an hour and then let brown; or instead of the milk to moisten make a broth from the bones, skimming them out, then thicken a little and pour it over before spreading over the top dressing. *Scalloped Chicken* made as above.

Stewed Turkey.—Simmer the bones and gristle of the turkey with a bunch of sweet herbs and an onion and carrot till a well-flavored broth is obtained; skim out bones, thicken slightly and add any cold turkey cut in inch or two inch pieces, and any gravy, or season with butter. When heated add cup cold water or milk, then a few baking-powder dumplings, pinched off in little balls; place where it will cook rapidly and serve as soon as dumplings are done. Or omit cold water and dumplings, stir in more thickening if needed and when hot pour over croutons of toasted bread placed on platter. Or for *Turkey Pie*, cut pieces in neat slices and heat as above, then skim out and place a layer in baking dish, then a layer of sliced raw potatoes, or they may be parboiled first, then turkey, etc., till dish is almost full; pour over the broth, cover with a crust as in *Chicken Pie* and bake in oven. Some do not first heat the turkey. For *Turkey Soup*, see Soups.

Turkey Croquettes.—Mince cold turkey as fine as possible, season with pepper, salt, a little nutmeg and a very little minced onion. Put a large tablespoon butter and two of flour in saucepan, when mixed add gill cream, let boil and stir in the meat. Pour out and when cold take a spoonful of the mixture, form in balls or egg-shapes and single or double-bread and fry as fritters. Some take a little stock, if bones have been used for soup and add only a table-spoon cream, and onion may be omitted.

PRESERVES.

Before canning was invented, fruits were dried and preserved, and preserves were the special pride of thrifty housewives. Canned fruits have largely displaced them in household favor. They require great care in making. To get the best results, only a small amount of neatly pared fruit should be placed, at one time, in the syrup, after it has been carefully prepared and classified. One reason for this is that it is difficult to watch a large quantity so as to ensure its being done to above. After paring apples, peaches and pears, drop them into cold water to prevent them from turning dark. The old rule in preserving was a pound of sugar to a pound of fruit, but since the practice has been to seal in cans, three quarters of a pound of sugar, or even less, is sufficient. In making preserves or marmalade, follow all the directions under Canning Fruits and Jellies and Jams, as to kettle, sugar and canning. Quinces, pears, citrons, water-melons, rinds, cherries and currants, should be cooked until tender in water or a weak syrup before putting into a syrup of the full sweetness. Otherwise they will become hard. In the case of apples, peaches, plums, strawberries, and other fruits that are liable to become too soft in cooking, the hot syrup should be poured over them, or they should be sprinkled with sugar and allowed to stand for a few hours before adding syrup, either process hardens the fruit. Preserves may be made from canned fruit, using less sugar than the rule. When candied, set jar in kettle of cold water, heat, and let boil for an hour. If specks of mold appear, take off carefully and scald as above directed. Marmalades, or different butters, will be smoother and better flavored; and will require less boiling, if fruit (peaches, quinces, oranges and apples make best) is well cooked and mashed before adding either sugar or cider. It is important to stir constantly with an apple-butter stirrer. Always tie an oil-cloth cover over the cloth cover on preserves, etc.

Apple Preserves.—To put up with boiled cider, use equal quantities of sweet and sour apples, peel, quarter, and core, put in preserving kettle, after first turning a plate over on bottom to keep from burning: to a peck of apples add a quart boiled-cider, and boil steadily and gently an hour, stirring from the sides to prevent burning; then add pint molasses, and continue boiling five hours. The heat must be just enough to keep boiling; boil them until apples are red; when cold put in glass or stone jars, or wooden firkins with tight covers. Sometimes one-fourth the quantity of apples is added in quinces or quince parings, when Quince Jelly or Preserves are being made.

Blackberry Preserves.—Select large, ripe, but not soft berries; the Lawton is best for this purpose, as its acidity makes a soft jelly of the syrup. Allow pound sugar to pound fruit; put fruit in preserving kettle, let heat slowly on back of stove until there is so much juice that it can boil without burning; boil until perfectly tender, ten or fifteen minutes; then add sugar, mix as gently as possible, and do not boil again, but keep very hot until sugar is perfectly dissolved. Then fill cans and seal as directed. *With Currants*, put blackberries and sugar in kettle in layers, with sugar at bottom and top, and next day add half pint currant juice for each pound berries, boil twenty minutes, skimming well, and can as directed. *Blueberry Preserves* made as either recipe; or some use half blueberries and half currants (instead of juice). This proportion is also nice, using quarter as much sugar, canned for pies. *Currant and Cranberry Preserves* made as first recipe, some adding a little water.

Citron Preserves.—Peel and cut six pounds of rinds, boil them in strong alum water half an hour or until perfectly transparent, drain, and put them in a vessel of cold water, cover, and let remain overnight. Next morning tie in thin cloth half pound race ginger and boil in three pints water until strongly flavored. Break up six pounds loaf sugar in preserving kettle, pour ginger water over it, and when dissolved, set it over the fire, add juice and grated rinds of four lemons, and boil and skim till no scum rises; put in the rinds and boil till clear. Skim out on dishes and set in a dry, cool, dark place, uncovered, two or three days, till the watery particles exhale; then put into jars, gently pour in the syrup and seal. Made much handsomer by cutting the citron with fancy cutters made for the purpose, or use a vegetable cutter.

Crab-apple Preserves.—Procure the red *Siberian Crab* selecting those that are nearly perfect, leaving the stems on, and put in preserving kettle with enough warm water to cover. Heat slowly to boiling, and simmer until skins break. Drain and skim them; then, with a pen-knife, extract the cores through the blossom ends. Weigh and allow a pound and a quarter of sugar and a cup water to every pound fruit. Boil water and sugar together until scum

ceases to rise, skimming well ; put in fruit, cover kettle, and simmer until the apples are a clear red and tender. Take out with a skimmer and spread upon dishes to cool and harden ; add to the syrup the juice of one lemon to three pounds fruit, and boil until clear and rich. Fill jars three-quarters full of apples, pour syrup in, and when cool tie up. *Transcendent Crabs* are preserved as follows : Wipe perfectly sound ripe fruit with a damp cloth, cut off the blossom end, but leave on the stems, weigh, and allow an equal weight in sugar ; put fruit into steamer and cook until tender, watching carefully, as they cook very quickly. Make a syrup as directed in preface, put in the apples, boil gently until they begin to look clear, remove all scum that may rise ; when the apples are clear skim them out of the syrup, put into glass jars and continue to boil and skim the syrup until it thickens when a little of it is cooled on a saucer ; pour over the apples and seal the jars air-tight. Some peel, quarter and core fruit and put with it an equal quantity of raisins, with half pound of sugar to each pound of the mixed fruit ; make a syrup of sugar with a little water, put in the fruit and cook until tender. Put up as above.

Peach Preserves.—Place in earthen dishes alternate layers of peaches and sugar and let stand overnight ; then boil over slow fire until transparent, pour into large dishes and stand in the sun until the syrup is almost a jelly. Put in jars and see that no bubbles of air are left in them ; place brandied paper on top and cover.

Pie-Plant Preserves.—Wash clean, but do not peel ; cut up an inch or two in length, put a layer in small jar, then a layer of sugar, another layer of pie-plant, then sugar, until the pan or crock is full, allowing pound sugar to pound pie-plant ; cover tightly, put in hot oven, and as soon as it is heated through it is done. The pie-plant will be whole and the syrup rich and a pretty color. Do not put in a drop of water. An earthen bean pot with cover is best to use, and fruit must then cook half an hour. Put up in glass cans.

Plum Preserves.—Boil in water to cover (if fruit is sour adding a teaspoon soda to each pint water to take off the bitter taste) until tender, then rinse them in cold water and stone carefully, keeping as nearly whole as possible ; then boil them a few minutes in the thick syrup and can. Or select large ripe plums, weigh, slightly prick them to prevent from bursting, and simmer very gently in a syrup made of quarter pound sugar to each pint water. Put them carefully in pan, let syrup cool, pour it over the plums and let stand two days. Make another syrup of three-fourths pound sugar for every pound fruit as first weighed, with as little water as possible, boiling and skimming carefully. Drain plums from first syrup, put them into the fresh syrup and simmer very gently until they are clear ; lift them out singly into cans or jars, pour the syrup over, and when cold, cover as directed. *Greengages* are also very delicious done in this manner. To *Preserve Plums Dry*, gather plums when full grown and

just turning color; prick them, put in sauce-pan cold water, and set over fire until water is on point of boiling. Then take them out, drain, and boil gently in syrup made with pound sugar to each gill water; if the plums shrink and will not take the sugar, prick them as they lie in the pan; give another boil, skim, and set away. Next day add more sugar, boiled almost to candy, to the fruit and syrup; put all together in wide-mouthed jar, and place them in a cool oven for two nights; then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a cool oven.

Water-melon Preserves.—Cook melon rinds in water until tender, put sugar and rinds in alternate layers in jar and let stand over night; in the morning drain off syrup, heat and boil the rinds in it until tender, then take them out into cans or jars, and boil the syrup till thick, adding lemon and ginger flavoring as above if liked; pour the syrup over the rinds and seal or cover. The ginger-root may then be preserved with the melon. Or pour a strong salt brine over melon or citron pieces and let stand two weeks or even longer, then soak, changing water two or three times. When perfectly fresh, boil in water half an hour, drain, add cold water, cook till tender and then preserve in syrup as in first recipe.

Apple Butter.—To make a small quantity, boil down about a gallon new cider to a quart; then having pared, cored, and steamed apples till tender, rub them through a sieve and thicken the boiled cider with the pulp. A little lemon or orange juice may be added, or any fruit juice. The latter is much nicer than to use any spices. For *Quince and Apple Butter*, pare, core and quarter half as many quinces as apples and weigh both, allowing half the weight in sugar. Boil quinces in little water until soft, put in apples, when tender add sugar and boil slowly several hours. Stir frequently to prevent burning. Or quinces may be cored but not pared, cooked as above, adding apples and put through colander before adding sugar. It will then not require so long stirring. *Quince Butter* made same.

Apple Cheese.—Put an equal weight pared and cored apples and stoned plums into preserving kettle. Boil without adding any water. When fruit begins to soften add pound sugar to each pound pulp. Boil slowly for an hour and pour into shallow molds; place these in a slow oven when the preserve will dry until it resembles a fruit cheese. Or take one pound pulped apples, one pound powdered white sugar, the juice and grated rind of three lemons, and four eggs well beaten. Mix these ingredients carefully, and put them into a saucepan with quarter pound fresh butter, melted. Stir it over a moderate fire for half an hour without ceasing, and put into jars, covering when cold. Use as required for tarts, puffs, etc. This is a most delicious preserve, and keeps quite a while.

Peach Butter.—Take pound for pound peaches and sugar; cook peaches alone until soft, then put in half the sugar, and stir half an hour; add remainder of sugar, and stir an hour and a half

Season with cloves and cinnamon. Or *With Vinegar*, put in six quarts peeled, stoned and sliced peaches in preserving kettle with three quarts sugar and pint vinegar, heat gradually and simmer gently; carefully stir occasionally until it begins to thicken, and then stir almost constantly till consistency of Apple Butter, cooking three or four hours. Put away as directed, covering first with the brandied paper; or alcohol may be used for wetting the paper.

Plum Butter.—Stew and pulp wild plums through a sieve, and to one gallon of this add three quarts sugar and one desertspoon salt; cook two hours, stirring as directed; add half pint vinegar, two small pieces race ginger, teaspoon each ground cloves, allspice celery seed and two of ground cinnamon, with a pinch cayenne; boil up once and can.

Tomato Butter.—Wash ripe tomatoes, cut out any defective parts and stew without peeling till very soft; then pulp through sieve and to nine pints pulp take four pints sugar, boil pulp one to two hours, add sugar and ounce powdered cinnamon, or two if liked highly spiced; let cook till thick as Apple Butter, stirring constantly (about an hour longer) and just before it is done add two lemons peeled and sliced thin. Fill in glass cans, jelly glasses, or jars, and seal or cover. This can be made from canned tomatoes; six quart cans making above quantity of pulp.

Apple Marmalade.—Take nice sound apples, pare, core and cut in small pieces and to every pound fruit add pound sugar. Put sugar on to boil with enough water to dissolve it, boil together till thick, then add the apples and boil till clear, adding juice and grated peel one large lemon to four pounds fruit. Some like the flavor of essence of ginger. Or take twelve pounds richly flavored sweet apples, three pounds brown sugar and juice and grated rind three lemons. Boil slowly, mash and stir until a smooth marmalade.

Fig Marmalade.—Use fine fresh figs, and to every pound fruit add three-quarters pound sugar, the yellow rind of an orange or lemon pared very thin. Cut up figs, put in kettle with sugar and orange, also the juice. Boil until reduced to a thick smooth mass, stir from bottom. Put in jars and cover closely.

Orange Marmalade.—Choose fine Seville oranges, put them whole in stewpan with sufficient water to cover, and stew until perfectly tender, changing water two or three times; drain, take off rind, remove seeds from pulp, boil another ten minutes, then add peel cut into strips, and boil marmalade ten minutes again, when it is done. The juice and grated rind of two lemons to every dozen oranges, added with the pulp and peel of the oranges are a great improvement. Pour into jars, cool and cover.

PUDDINGS AND SAUCES.

Puddings have always been favorite desserts, but they require materials to be in perfect condition. Suet not perfectly sweet or milk turned in the slightest degree, ruins pudding which might otherwise be delicious. Puddings are either boiled, baked or steamed. Rice, bread, custard and fruit puddings, require a moderate heat. Batter and corn-starch, a rather quick oven. Add a pinch of salt to any pudding, and be careful not to over-sweeten. Too much sugar is likely to make pudding heavy. Puddings are boiled in a bag and allowed to swell, or in a buttered tin mold or bowl with floured cloth tied over it; do not fill full, and in boiling do not let water reach quite to top, keeping it boiling all the time. The pudding may be lifted out easily by a strong fork put through ends or corners of the cloth. *Pudding Bags* are either knitted or made firm, white drilling, tapering from top to bottom, and rounded off on corners; stitch and fell seams, which should be outside when in use, and sew a tape to seam, about three inches from top. As a general rule boiled puddings require double the time required for baked. Pudding cloths, however coarse, should never be washed with soap, but in clean, clear water, dried as quickly as possible, and kept dry and out of dust in a drawer or cupboard free from smell. Steaming is *safer* and *better* than either boiling or baking as the pudding is sure to be light and wholesome. Prepare the pudding mold, etc., same as for boiling, put on over cold water, and do not remove cover while steaming, allowing a third more time than is required for boiling. After the water begins to boil do not let it *stop boiling* until the pudding is done, adding *boiling* water from the tea-kettle as needed. Serve steamed pudding as soon as done, or place in oven a little while to dry it off and brown if wished. Dates are an excellent sub-



Cake Mold.

stitute for sugar in Graham or any other pudding. The flat-bottomed mold used for baking cakes is especially nice for baking fruit or solid puddings. For those that contain a quantity of milk and eggs, it is better to place the dish in oven, in dripping-pan, half full of hot water, as they will bake more slowly and without any danger of burning. It is called the *Water-bath*, and one must allow fifteen or twenty minutes longer when puddings are thus baked. It is also a nice way for any that are apt to stick to the dish, such as Indian, Batter, etc. For baked puddings that are to be turned out to serve, sprinkling the bottom and sides of dish or mold, after greasing, with bread-crumbs, prevents them from sticking, and many puddings that are commonly baked in a crust, such as Cocoa-nut, Potato, Apple, and Lemon, are equally as good and more wholesome made by using bread-crumbs as above to the usual depth of crust; pour in pudding, strew another layer of bread-crumbs over the top, and bake. When puddings are poured into mold to cool, always wet the mold before filling. Sweet milk can be substituted for sour and vice versa, by using soda with the sour, and baking powder, or cream tartar and soda with the sweet, and milk can be used instead of cream by using a tablespoon or two of butter with it. The soufflé dish illustrated on page 125 is very nice for puddings which are to be served in dish in which they are baked. Or a *Knitted Cover* for the bottom, may be made to fit an ordinary pudding dish, of white cotton or macreme cord, in any fancy stitch, with cord and balls of same, or any color to match table furniture, to tie around top of dish and hold it in place. Puddings are often garnished with bits of bright jelly, almonds whole or sliced, or candied fruits, and are served either moderately warm or cold, never hot except soufflés and such as are so mentioned in recipes.



Pudding Mold.

In making *Sauces*, do not boil after butter is added. In place of wine or brandy, flavor with the juice of the grape, or any other fruit juice prepared as directed in Fruits. The Fruit Flavors, given in Jellies, are also nice, or use orange and lemon juice, half and half, being careful to add lemon juice just before removing from fire, as it is apt to grow bitter with long cooking. When using corn-starch, stir it with the sugar while dry and no lumps will form. The sauce may be served either poured over or around pudding, or

in sauce-boat, and one can select sauce as wished, although one is named with almost each pudding, and serve either hot or cold.

Fruit Charlotte.—Boil pint and a half milk or cream over a slow fire and stir in gradually yolks of six eggs beaten with two table-spoons arrowroot, or corn-starch; cook ten minutes, stirring constantly that it may be perfectly smooth. Then divide mixture by turning half into another saucepan; to one half add ten tablespoons grated chocolate, four of fine granulated sugar, simmer a few minutes, take off fire and set away to cool. Blanch a dozen bitter almonds and four ounces shelled sweet almonds and pound in mortar with enough rose-water to make a smooth paste, add an ounce finely chopped citron, cup powdered sugar, and stir all into the other half of cream mixture, simmer a few moments, set aside to cool and add vanilla flavoring. Cut a large sponge cake in slices crosswise half an inch thick, spread one slice thickly with the chocolate cream, putting another slice on top of this and cover with the almond cream; do this alternately, piling them evenly on a china dish till all ingredients are used, arranging in form of sponge cake before it was cut. Have ready whites of six eggs whipped to a stiff froth, mix in six tablespoons powdered sugar, and with a spoon heap this all over tops and sides of cake, then sift powdered sugar over and brown lightly in oven; or cover with Whipped Cream. Delicious.

Boiled Apple Dumplings.—Sift together pint flour and heaping teaspoon baking powder; make a well in center and pour in gill warm milk, tablespoon butter, pinch salt and one egg; mix together and roll out to the thickness of quarter of an inch; cut out a round piece and in centre place an apple pared and cored, put bit of butter and sugar in core cavity, bring up dough and pinch all well together at top and put into kettle of boiling water slightly salted, boil half an hour, taking care that water covers the dumplings. Some tie in a cloth or roll two or three times in dry flour. They are also nice steamed and browned in oven. Serve with sugar and cream. If boiled in knitted cloths dumplings have a very pretty appearance. The cloths should be made square, knit in plain stitch with very coarse cotton and just large enough to hold one dumpling. For *Baked Dumplings* make a baking-powder crust, mixing the dough less stiff than for *Boiled Dumplings*, or using a Quaker Paste, place in a shallow buttered pan, without touching each other, prick the top with a fork, bake in hot oven, turning once or twice, if necessary, to brown evenly, and serve with cream and sugar or a *Wolverine Sauce* made by cooking tart apples sliced, until soft, mashing, or rubbing through puree sieve if wished; sweetening and flavoring with vanilla or a little strawberry or raspberry juice (it is nice to always have some juice to have for flavoring sauces). A spoonful or two of whipped cream, or beaten white of egg may be added just before serving. Use any fruit in dumplings.

Currant Dumplings.—Chop fine six ounces suet, mix it with a pound flour, and add half a pound dried currants, which should be nicely washed, cleaned and dried; mix whole to a soft paste with half pint water (if wanted very nice, use milk); divide into seven or eight dumplings; tie them in cloths and boil for an hour and a quarter. Or make into round balls and boil without a cloth, dropping into boiling water, then moving about at first, to prevent sticking to bottom of pan. Serve with Lemon Sauce.

Lemon Dumplings.—For half dozen dumplings take quarter pound suet, chopped fine, half pound bread (about half ordinary loaf) grated, juice and grated rind of one lemon, three heaping table-spoons sugar, two eggs, beaten slightly, and enough milk to moisten



Lemon Dumplings.

all ingredients so as to form little balls or dumplings with the hands; have ready six pieces cloth, one quarter yard square, with tapes to tie; dip cloths in hot water, spread on table, dust with flour, place in a dumpling, tie, leaving a little room for it to swell, when all are ready put in a large pot half full of boiling water and boil steadily one hour, keeping on cover. Sprinkle sugar over and serve with Cream or Lemon Sauce. For *Lemon Apple Dumplings*, add to above one large greening apple, chopped fine; or a nice dumpling is made by omitting lemon, and using cup chopped apple.

Raspberry Dumplings.—Make a stiff Quaker Paste, pinch off a piece and roll into a circle about three inches in diameter, and quarter of an inch thick; put in berries, wet edges and press together in turn-over-shape, and bake like Apple Dumplings in a moderate oven about forty minutes. Some use the Water-bath as described in preface. Serve with Lactiola Sauce. Any *Berry* or *Cherry Dumplings* made same way.

Almond Pudding.—Blanch and pound, with a little rose-water, three ounces sweet and four of bitter almonds; add pint milk, three tablespoons sugar, a little ground nutmeg, tablespoon flour mixed smoothly in a little cold milk, tablespoon bread-crumbs, two well-beaten eggs and whites of two more eggs whisked to a froth; pour mixture into buttered mould, cover, and boil quickly three-quarters of an hour; let it stand a few minutes before turning out of mold. Serve with Apricot Sauce. Or for an *Almond Souffle*, blanch and pound six ounces sweet almonds, sprinkling in a little orange juice during the process, and let come to a boil in a pint and a half milk; stir in two tablespoons corn-starch, first mixed smooth with a little cold milk and cook till mixture thickens; take from fire and when slightly cool add three tablespoons each sugar and melted butter, beaten yolks of eight eggs, and whipped whites last. Bake in buttered souffle dish half an hour, sift sugar over top and serve at once.

Apple Pudding.—As this is a standard dish we give a number of the most excellent recipes from which housekeeper can make selections according to taste or the material or time at command. For *Swedish Apple Pudding* sprinkle sides of buttered dish with bread-crumbs and put a layer in bottom, upon this drop a little melted butter and then put a layer of dried apple sauce, or fresh fruit may be used, mash and flavor with lemon extract or canned raspberry or strawberry juice, dotting the layer with raisins, then a layer dessicated cocoanut, soaked in a little milk, then crumbs and so on till dish is full, with crumbs and butter last; bake half an hour serve with *Vanilla Sauce* made by beating quarter-pint each cream and milk, adding a teaspoon corn-starch made smooth in a little milk, half gill sugar and flavoring with vanilla; when almost cold stir in the beaten yolk of one egg and pour around the pudding. *With Raspberries*, use fresh berries, without cooking, instead of the apple sauce, omitting raisins and cocoanut, although latter is very nice with berries. Some cover either pudding with a plate, removing just before it is done, to brown top nicely. Serve hot or cold. Equal amount crumbs and fruit may be used, but it is nicer with twice as much fruit as crumbs, Any fresh or dried berries of any kind may be used, first cooking the latter. Thin slices of bread, buttered on both sides, may be substituted for the crumbs, with uncooked sliced apple sprinkled with butter, sugar and cinnamon for the sauce or berries; putting in layer of bread first, with top layer apples, or the buttered bread last, when it should be covered with a plate as above. Apples may be flavored with grated lemon rind or nutmeg. Bake from half to three-quarters of an hour. Serve with sugar and cream, or any sauce preferred; or use only two layers of bread and butter, one at bottom and top with apples between. Make *Currant Pudding* same, using ripe stewed currants instead of apples, and *Blueberry Pudding* is delicious made as above, first stewing the fruit or not as wished. Any berries may be used same. Serve cold. For an *Apple Charlotte Pudding*, stew pound cored, pared and quartered apples with half pint water, cup sugar and a little lemon extract till they will mash. Cut biscuits in slices, fry them in butter or lard place in fruit dish, spread with the apples, then a layer of jelly or jam, then another layer of bread, apples and jam and so on, apples on top. Make it an hour or two before eating and put whipped cream on top. *Minnehaha Pudding* is a very dainty dessert. To prepare, peel, core and boil apples until soft enough to pulp through colander; sweeten to taste, add a little powdered cinnamon, put in deep dish, and when quite cold, pour a custard made of yolks of three or four eggs and one quart of sweet milk, sweetened to taste over it and bake in oven fifteen or twenty minutes. Whip whites of eggs adding tablespoon sugar to each egg and lay it daintily in small pieces on custard or spread it on and brown in oven. Equally good hot or cold. Or omit the

milk and add yolks of two eggs to a pint mashed and sweetened apple sauce; put in buttered dish, bake and finish as above; or if wished richer, add three tablespoons melted butter, gill of sifted bread-crumbs and two more eggs, yolks and whites beaten separately, bake and finish with meringue. For *Danish Pudding*, cook two quarts sliced tart apples with half cup water till tender; stir in two tablespoons butter and half cup sugar, mixing and mashing thoroughly and some put through colander. Put this as the bottom layer in dish in which pudding is to be served; then put in frying-pan two and a half teaspoons butter, and when melted add one and a half cups dry bread-crumbs, cup sugar, and half pound almonds (weighed in shell) blanched and finely chopped; stir constantly about ten minutes or till well mixed; place this while hot as the second layer in the dish; then in their season take one quart blackberries and half cup sugar and cook to a jam, or in winter use a jelly glass of jam, or any fruit may be used, and spread this for the third layer. All this can be prepared the day before using; before serving cover with a pint of cream well whipped, sweetened to taste, and flavor with vanilla. This fills a two-quart dish, is sufficient for twelve or fourteen persons, and is a delicious dessert. The layer of fruit may be omitted, putting in alternate layers of the bread-crumbs mixture and apples with the former on bottom and top. Or some add a flavoring of cinnamon and nutmeg to the stewed apples, then make a batter of yolks of six eggs well beaten, cup and a half sugar, half pound blanched and grated almonds, and the well-beaten whites. Butter the baking dish, put the apples in first, then a layer of jelly or jam, then the batter. Bake about an hour and cool. Serve with Whipped Cream Sauce.

Batter Pudding.—Put pint and a half milk on to heat, reserving enough to mix four tablespoons flour smooth; when hot, turn the milk over the flour gradually stirring to avoid lumps and add two tablespoons butter, a little salt and four or five well-beaten eggs, or add them one at a time and any flavoring desired, beat all thoroughly turn into buttered dish, or cups and bake from a half to three-quarters of an hour. Turn out and serve hot with any sauce liked. Or the pudding may be boiled if a cloth is first tied round the dish. Excellent served with orange marmalade or other preserves over the top, passing sugar and cream with it. For *Batter Balls*, drop from a spoon and fry like fritters; drain, sprinkle with sugar and serve at once. Or any fresh or dried fruits preferred may be stirred in just before cooking in any of above ways. Or for *Steamed Batter Pudding*, take half cup each sugar, and butter, three eggs, one cup sweet milk, three teaspoons baking powder, two cups flour, steam one hour and serve with sauce. Less eggs and butter may be used; and *With Fruit*, pour the batter over a pint and a half stoned cherries, sliced apples or peaches, or any berries. Some

Bread Pudding.—This is one of the most common of puddings, a general favorite, and the recipes given are so varied as to meet the requirements of all. For a *Plain Pudding*, break up pieces of stale bread into bits, and pour on them as much boiling water as will soak them well. Let stand till water is cool; then press out, and mash bread with a fork until quite free from lumps. Measure and to every quart stir in half teaspoon salt, teaspoon nutmeg, six table-spoons sugar and half pound currants; mix all well together, and put it in well-buttered baking dish. Smooth surface with back of spoon, and put a tablespoon and a half butter in small bits over top; bake in moderate oven one hour and a half, and serve very hot with Maple Sugar Sauce. Boiling milk instead of water very much improves the pudding. For a *Layer Pudding*, put slices of bread buttered and spread with preserves or jelly, in layers in baking dish and pour over half the Boiled Custard given on page 167. Or put currants with nutmeg seasoning between the layers of buttered bread. Some first line the dish or mold with raisins, then fill with bread and, butter, and pour the custard over as above, steam half an hour; or tie in a floured cloth over and boil. Serve hot with any sauce liked. Or, halve the raisins and place around the mold in rows, diamonds or circles; they will easily adhere if the mold is well buttered; make half as much custard as above, using two eggs, into which stir a pint bread-crumbs and half cup chopped raisins, put into prepared mold and steam an hour. Turn out and eat with any sauce. For a more elaborate *Fruit Pudding*, soak a pint bread-crumbs in half pint milk fifteen minutes, add two tablespoons butter, melted, half cup sugar, beaten yolks of four eggs, tablespoon cinnamon, half teaspoon cloves, grated rind of one lemon, two ounces sliced citron and quarter pound each currants and stoned raisins, with whipped whites of eggs beaten in last. Bake in buttered mold or cups, set in pan of hot water, when ready to serve turn out, sift powdered sugar over and send on with very hot sauce. Sufficient for ten persons. Some use quarter pound finely chopped suet instead of butter, and three ounces blanched and chopped almonds, or same quantity chopped figs. Steam or boil three or four hours.

Brown Pudding.—Cream quarter cup each butter and brown sugar, and three well-beaten eggs, quarter cup sweet milk, half pint molasses with half teaspoon soda stirred in, one and one-half cups flour, half teaspoon each cinnamon and cloves. Steam an hour.

Cabinet Pudding.—Take a sheet of sponge cake and half pound French candied fruit (apricot, pear, cherries, and lime), and ounce citron; cut citron in shape of leaves. Butter tin mold thickly with cold butter, press the fruit in any pretty designs on bottom and sides of mold, using large fruits for centers and citron leaves around. Cut sponge cake to fit bottom of mold, place over fruit, and also line sides with the cake, then put in some more of the fruit (cher-



Cabinet Pudding.

ries), then another layer of cake, then fruit, etc., with last layer of cake, pressing cake firmly in mold. Make custard of pint milk, six eggs and quarter pound sugar. Put custard in pitcher and pour slowly in the mold, letting part of custard entirely absorb before adding the rest, and some let stand an hour or so before steaming; place mold in steamer or in saucepan two-thirds full of water and steam till firm, about an hour and a half. To test, run a fork or small knife down through thickest part, if any liquid appears must cook longer. When done, turn out of mold, and serve with powdered sugar. Lady fingers may be used to line the mold, placing them around perpendicularly with flat side against the mold. To make a plainer pudding, use cup raisins, cup and a half currants and third of a cup citron instead of French fruits, and bread may also be used instead of cake. Serve with Lemon Sauce.

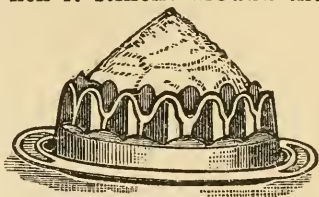
Chocolate Pudding.—Beat quarter pound each butter and sugar to a cream, add gradually yolks of eight eggs, one at a time, adding alternately quarter pound shelled and chopped almonds, not blanched, and quarter pound grated chocolate; when all are well mixed add beaten whites of eggs, some ground cloves and cinnamon; butter and sprinkle molds with sugar, pour in pudding, steam, and when cold serve with Chocolate Sauce. Or *With Fruit*, line the bottom of a mold with sponge cake cut in slices about half an inch thick, first soaked in lemon and orange juice, half and half, or any fruit juice, cover with a layer of fruit using raisins, currants preserved or candied fruits, as liked, then cake, and so on till within an inch of top with fruit last. Leave half inch space between cake and side of mold. Add slowly a cold Chocolate Custard, using sufficient custard to fill the mold; cover, bind and imbed in ice and salt as directed in Ice-cream, for half a day; take from mold and serve surrounded with Whipped Cream Sauce.

Citron Pudding.—Sift two tablespoons flour and mix with beaten yolks of six eggs; add gradually pint sweet cream, quarter pound citron cut in small strips, and two tablespoons sugar; mix thoroughly, pour batter into buttered dish and bake twenty-five minutes. Serve with Egg or Queen Sauce.

Dixie Pudding.—Slice light bread, trim off crusts and cut in pieces about two inches square; remove seeds from greengage plums, make very sweet and place on the bread squares. Just before serving, place squares in a dessert dish and cover each with whipped cream, sweetened and flavored with vanilla. A very showy excellent dish and when sponge cake squares are used in place of bread, very elegant and delicious.

Easter Pudding.—One pint sweet milk, yolks of three eggs, two tablespoons corn-starch, three of sugar, and a little salt. Put milk in custard kettle, and when boiling add sugar, then starch dissolved in a little cold milk, and lastly yolks; beat, and let cook a few minutes.

and turn out in broad dish to cool. When it stiffens around the edges, transfer it, a few spoonfuls at a time, to a bowl, and whip vigorously with an egg beater. Flavor with rose-water. It should be like a yellow sponge; when put into a crown mold. Make day before wanted. When ready to serve turn out upon dish, fill centre with whipped cream, flavored with vanilla and heaped up as high as it will stand. Pile more whipped cream about the base. Or *With Fruit*, while the corn-starch mixture is still hot put a little in a large mold and turn to let it run and leave a thin coating all over inside. Ornament by sticking candied cherries to this in any regular forms liked, fill loosely with fresh or preserved fruits, macaroons and crumbed sponge cake, soaked in orange juice, and a little citron cut very thin; then pour in slowly until full remainder of corn-starch, which must have been kept warm by standing in hot water so that it would not stiffen. Let stand in cold place all night to become very firm and serve with Marigold Sauce.



Easter Pudding.

Fruit Pudding.—Take pure juice if the fruit is fresh or canned; if preserved or jellied, or any fruit shrub, reduce with water to a pleasant flavor. Sweeten the fresh juice and the others if needed; to a pint of this when boiling add two rounded tablespoons corn-starch, mixed smoothly in a little cold water. Boil a minute or two, stirring all the time, and pour in dish to cool, making a jelly, not quite so firm as blanc-mange. When cold cover with whipped cream; some first stick the top thickly with lengthwise slices of blanched almonds and the whipped cream may be omitted, serving with sweetened cream. This is a delicious desert very easily made, and so little juice is necessary. It can be cooled in any dish, then placed in a glass or china fruit dish to serve. Rice flour may be used instead of corn-starch, and some first boil a little stick cinnamon and lemon peel in the juice. For a *Steamed Cherry Pudding* make a good baking powder paste, roll out and line bottom of baking dish; then put in a layer of fresh stoned cherries, or of the stewed dried fruit, cover with another layer of paste, then cherries and paste on top. Steam two hours and serve with Dip or Hard Sauce. Any fruit may be used. A *Dried Peach Pudding* is made as follows: Chop pint dried peaches and three-fourths pint beef suet and mix with three-fourths pound flour and teaspoon salt; add water to make dough that can be easily stirred with a spoon, tie in a cloth leaving room to swell and steam or boil three or four hours. Serve with Jelly Sauce.

Graham Pudding.—Mix together half cup molasses, quarter cup butter, one well-beaten egg, half cup milk, half teaspoon soda, two cups Graham flour, one cup raisins and spices to taste. Steam three hours. A half cup dried currants or sliced citron may be added, with half cup more milk, using either sweet or sour, and part cream makes it much nicer, flour the fruit and add last. Or use gill sugar instead of molasses, melting it up in a little boiling water if wished, and sweet cream or milk with baking powder. Serve with Foaming Sauce.

Indian Pudding.—Scald quart sweet milk and stir into it five rounded tablespoons corn meal, cup brown sugar or five tablespoons molasses, teaspoon ginger, and a little salt; bake in moderate oven and in half an hour stir in cup cold rich milk; bake two hours. Much improved by adding cup raisins with the cold milk. Serve with cream or Plain Sauce. Or when mush is left over take one quart cold mush, add three heaping tablespoons sugar, cinnamon and nutmeg to taste, three well-beaten eggs, pint rich sweet milk; mix all well together and bake slowly one hour in well-buttered pudding dish. Eat with sweet cream or Lemon Sauce. For an *Indian Fruit Pudding* make a mush in custard kettle of three cups milk or water and cup yellow corn meal, cooking an hour or two; Or three cups cold mush will do. Add cup finely-chopped suet, half cup baking molasses, two well beaten eggs, a little salt, half teaspoon ginger, cinnamon or grated lemon rind, and a cup each seedless raisins, and currants dredged with flour. Bake in buttered dish or mold one hour, covered with buttered paper. Makes a quart pudding. For a *Plain Boiled Pudding*, scald pint and a half corn meal with half pint boiling water; add four tablespoons Graham flour, pint milk, (either sweet or sour), two tablespoons molasses, half a teaspoon ginger, a little salt and one level teaspoon soda (or a little more if sour milk is used); two tablespoons chopped suet will make it more light and tender, but may be omitted. Put in buttered dish and steam three or four hours; or boil in floured cloth, leaving room to swell.

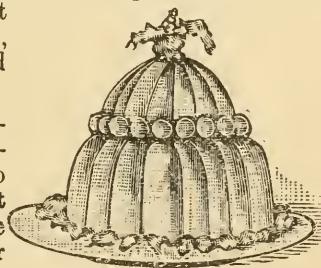
Lemon Pudding.—Mix half pound chopped suet with three, quarters pound bread crumbs, two cups sugar, quarter pound flour and strained juice and grated rind of two small lemons; when well mixed stir in two well-beaten eggs and milk to make a thick batter. Put in well-buttered mold and boil three and a half hours. Turn out, strew sugar over and serve hot with Jelly Sauce.

Orange Pudding.—Boil four oranges and chop fine, taking out seeds, and put in saucepan with six tablespoons butter, twelve blanched and chopped almonds, half pound sugar and juice of a lemon; heat until the butter is thoroughly melted, then cool and add eight well-beaten eggs; put in buttered pudding dish with border of puff paste and bake from half to three-quarters of an hour; serve with Golden Sauce.

Paris Pudding.—Take one pound flour and with a quarter of it make a sponge with a half ounce compressed yeast and a little warm water, and set to rise; make a hole in rest of flour, add ten tablespoons butter, three eggs, dessertspoon sugar and a little salt, unless the butter salts it enough. Beat all together well, then add five more eggs, one at a time, beating each in well. When the paste leaves the bowl it is beaten enough, but not before; then add sponge and a large half ounce each currants and chopped citron and an ounce and a half sultana raisins, seedless. Put in large, deep upright mold, such as charlotte-russe mold, let rise to twice its size and bake in moderate oven. This will keep fresh several days, and if it gets stale makes delicious fritters soaked in fruit juice and dipped in fritter batter. To make the small round cakes, bake in small-sized, round charlotte-russe mold, filled only half full, as they rise very much; bake these in hot oven, try as any other cake, then prepare a syrup as follows; Boil half pound sugar in pint water, add to this a third of a pint orange and lemon juice, half and half, half pint apricot or peach pulp and boil all together a few moments; pour this half an inch deep in a dish, and stand the cake or cakes in it, it should take up all the syrup, some may also be sprinkled over it.

Pie-plant Pudding.—Peel, wash and slice four dozen stalks, cut in pieces an inch long, and stew until soft with sugar to sweeten. Mash through sieve, add rind of one fresh lemon, grated; little nutmeg, two tablespoons butter, yolks of six eggs and whites of two, mix all together, line dish with puff paste, fill with the mixture and bake half an hour and serve with Cold Cream Sauce. Or prepare pie-plant as above and add a pint of rich cream; dissolve half an ounce of gelatine in a little milk, stir it through the pie-plant and pour into a wet mold. Set in ice several hours before it is wanted and serve with cream. The pie-plant and gelatine must be mixed while hot. Or cut up pie-plant as above, then make as Brown Betty, allowing pound sugar to each pound pie-plant.

English Plum Pudding.—When making this popular dessert it is well to prepare the fruit the night before, as so much time is required for cooking. It should be made at least two or three days before wanted, and is all the better for being kept a month or two, put away as directed for Fruit Cake, page 57. When to be served it has only to be thoroughly reheated by steaming—do not boil again, as the fruit absorbs the moisture and the whole becomes insipid. For preparing the fruit see directions on page 58. All the dry in-



Plum Pudding.

gredients should be well mixed together, then moistened with the egg, which must be well beaten, and other ingredients added. Some still adhere to the old way of shaping the dough into a round ball and boiling in a floured cloth, as directed in preface; others boil in a buttered mold or bowl with a floured cloth tied over, but the better way is to steam in buttered mold or pan. Boil or steam from three to six hours, according to richness and size of pudding. It is a good plan to divide the pudding mixture in half and cook at the same time, using one half and putting the other half away for future use. When steaming do not remove cover, and when necessary to add more water follow directions in preface. When done place in oven for a few moments; then put away as directed, re-steaming when wanted. To serve, turn out on platter and garnish with holly leaves and berries as illustrated, sending on with it any sauce liked. An English way of serving is to break pieces of the pudding into inch bits—do not cut it—before reheating and turn the sauce over before sending to table, serving in individual saucers. This makes it much more delicious, but spoils the appearance of the dish. To serve a pudding from which a part has been cut, divide it in two pieces, four inches long and an inch wide, place in buttered mold, pour a boiled custard over, steam an hour or two, turn out on platter and send to table with a Boiled Custard round it. Several of the best recipes for making the pudding follow: One pound each butter, suet and brown sugar, two and one-half pounds flour, two pounds each raisins and currants, quarter pound citron, twelve eggs, whites and yolks beaten separately, one pint milk, one cup brandy, or half cup each orange and lemon juice, or use any fruit juice; half ounce each cloves and mace, two nutmegs grated. Mix as directed above. One-half of this recipe makes a large pudding and should be steamed three hours; if whole recipe is used steam six hours. Dried cherries used instead of currants make a much more delicious pudding and pound blanched and chopped almonds may be added. Serve with Cream Sauce. Or take one and a half pound muscatel raisins, one and one-fourth pound currants, pound sultana raisins, two pounds best coffee sugar, two quarts bread crumbs, sixteen eggs, two pounds finely chopped suet, six ounces mixed candied peel, rind of two lemons, an ounce each grated nutmeg and powdered cinnamon, half dozen pounded bitter almonds, and gill fruit juice. Half bread crumbs and half flour may be used, and some add teaspoon ginger. Prepare and mix ingredients as directed above, and boil or steam from six to eight hours. For a small family boil in two or three molds. A few sweet almonds, blanched and cut in strips, ornament the pudding prettily.

Puff Pudding—Cream third of a pint butter, gradually dredge in two-thirds pint flour, scant half pint sugar, and keep stirring and beating without ceasing until perfectly smooth. Then add

well-beaten yolks of three eggs, and lemon or vanilla flavoring; butter small cups, half fill them, having just stirred gently in the well-frothed whites, and bake in brisk oven for about half an hour. Turn out on a hot plate and serve with Custard, Jelly or Lemon Sauce. A pretty little dish may be made of these puddings when cold by cutting out a portion of the inside with the point of a knife, and putting into the cavity a little whipped cream or delicate preserve, such as apricot, green gage, or very bright marmalade. The paste requires a great deal of mixing, as the more it is beaten the better the pudding will be. Six eggs may be used and the puffs may be steamed.

Rice Pudding.—Boil half cup rice in salted water ten minutes, then drain and put in custard kettle with pint milk, tablespoon butter and cup sugar; boil half an hour, or till rice is very soft, then beat to a smooth paste with wooden spoon, add well-beaten yolks of five eggs and zest and half the juice from a lemon. If the paste is too firm add a little cream. When cold stir in the well-frothed whites of eggs and put mixture in pudding dish, Paper Cases or Patty Shells, sprinkle with sugar and bake about ten minutes. Serve with Snow Sauce as soon as taken from oven or it will fall.

Sago Pudding.—Soak cup sago in pint water on back of stove and after an hour place where it will simmer another hour; stew cup raisins and quarter cup thinly-sliced citron in a little water an hour and a half and just before serving mix with the sago, adding grated rind and juice of a lemon, and juice of an orange, if wished. Serve with Sago Sauce.

Snow Pudding.—Whip whites of six eggs and one-half pound pulverized sugar to a stiff froth; put in saucepan three pints cream and three-fourths cup sugar and set on stove till it comes to a boil, then draw to back of stove, flavor with teaspoon vanilla, and with two spoons shape the meringues into balls, and drop into the boiling cream; let brown slightly on both sides, then put on a sieve to drain. Put in a pudding mold some fruit jelly—apple or any light colored jelly—about an inch deep, and set mold in pan of chopped ice. Add beaten yolks of eight eggs to the hot cream, and stir well while cooking; when done put on ice till cold; then put on the jelly in the mold, a layer of the snowballs, cover with the cream, then another layer of the balls and so on till mold is full. Set on ice till very cold and serve, turned out on a platter surrounded with Whipped Cream Sauce.

Suet Pudding.—Take one pound each raisins and currants, suet and bread-crumbs, one-half pound sugar, eight eggs, one tablespoon flour, one-fourth pound mixed candied peel, one table-spoon each orange and lemon juice, ten drops essence of lemon and almonds, half a nutmeg and two blades of mace.

and six cloves. Stone and chop the raisins, chop the suet fine, and rub the bread until all lumps are well broken; pound the spice to powder, cut the candied peel into thin shreds, and mix all well together, adding the sugar. Beat the eggs to a stiff froth and as they are beaten, drop into them the essence of lemon and almonds; stir these to the dry ingredients, mix well and add orange and lemon juice. Tie the pudding firmly in a cloth and boil six or eight hours. Serve with Custard or Currant Sauce. This will keep some time: when wanted, steam one hour and serve. Veal suet makes a more delicate pudding than beef.

Swiss Pudding.—Sift together two cups flour, heaping teaspoon baking powder and small teaspoon salt; then cream cup granulated sugar and two tablespoons cold butter; mix all together, make a wall in the mixture and add one egg, teaspoon lemon extract, and just enough sweet milk to make a soft batter like cake. Pour at once into mold prepared by rubbing with cold butter, dusting with flour, shaking and then turning out unnecessary flour. Boil or steam three-quarters of an hour, or till a broom splint can be run in it. Serve hot with Cream Sauce.

Tapioca Pudding.—This popular and beautiful dessert is prepared in a variety of ways. For an *Eggless Tapioca* soak cup tapioca in cup cold water overnight. In the morning add three cups cold water and cook very slowly until transparent. Slice half lemon very thin boil in very little water till tender and add all to the tapioca with sugar to taste and slight pinch of salt. Put in long buttered tin, make a meringue of whipped whites three eggs and three tablespoons powdered sugar and spread over top, browning with salamander or in oven. Serve cold, cut in squares with sweetened cream. Or cool in a buttered mold or cups and serve with whipped cream. The lemon gives a fine flavor, and the thin slices in transparent pudding have a pleasing effect.

Rolly Poly.—Make a nice crust as for rich baking-powder or soda biscuit, roll out in a long sheet half an inch thick and spread to within an inch and a half of the edge with any kind of fresh, preserved, or dried and stewed fruit, or jelly, jam or marmalade; fold the edges over the fruit and roll it up, prick deeply with fork, place on buttered plate and steam from one hour and a half to two hours; or boil in a floured cloth, basting up the sides and tying the ends. Some do not turn edges in till after rolling, then tuck them in well. Serve cut in slices with Dip or Hard sauce. For *Apple, Orange and Peach Rolly-Poly* the fruit should be sliced, and for *Cherry*, stoned; sprinkle the fruit well with sugar, and some add bits of butter before rolling up, with a little grated peel over the oranges, and cinnamon or nutmeg over the apple. Some use Plain or Suet Paste



Rolly-Poly.

or raised biscuit dough, rolling a quarter inch thick. This dessert may be varied by making into several small rolls, or shaping into balls with a spoonful fruit in center of each. Some sprinkle in a few currants with the apples and use raisins with jelly, jam, apple butter or marmalade. For *Fig Roly-Poly* spread with figs cut in small pieces and for *Lemon* cook the pulp of three lemons with cup and a half sugar twenty minutes, then spread the dough and roll as above. Or some simply mix the juice with teaspoon each flour and sugar for each lemon and spread over the paste, or use the *Lemon Butter*. Chopped pie-plant, thickly sprinkled with sugar is nice used as above. A *Dixie Roly-Poly* is made in two or three rolls, using any of above mixture for spreading, and placed in pan four or five inches deep with cup sugar, half cup butter and hot water enough to cover. Bake half an hour.

Sauces.

Apricot Sauce.—Put one cup cream or milk in custard kettle; when hot add tablespoon corn-starch, mixed smoothly with a little cold milk and cook fifteen minutes. Boil cup sugar and ten tablespoons water half an hour; to this add half cup apricot pulp (canned or fresh fruit rubbed through a sieve), beat well and mix with the boiled milk. Place inner kettle in a pan of cold water and beat for ten minutes, let cool. *Peach, Strawberry, Raspberry*, and any fruit may be prepared as above.

Caramel Sauce.—Make a caramal as on page 370 of table-spoon sugar, watch carefully until it assumes a delicate brown color; put into another saucepan three-quarters cup sugar, half the rind of a lemon cut thin, one inch stick cinnamon and three-quarters pint cold water; bring these to a boil gradually; simmer for ten minutes add two tablespoons each lemon and orange juice, strain the liquid quickly into the caramel, mix thoroughly and serve.

Currant Sauce.—Put in stewpan two tablespoons each butter and flour, and stir till a light brown add a little water and a glass of currant or any fruit juice, or a spoonful of jelly beaten in a glass of water. For a *Dried Currant Sauce*, pick and wash three table-spoons nice currants, add quarter teaspoon ginger, the juice of half a lemon, and seven or eight lumps sugar, rubbed on the lemon rind. Simmer all these ingredients together till currants are soft. Serve without straining. Any dried berries may be prepared same.

Custard Sauce.—Four yolks of eggs, four tablespoons powdered sugar, grated rind of a lemon, four tablespoons any fruit juice or half and half lemon and orange juice and a little salt. Beat quickly over a slow fire, until it assumes a light frothy custard.

Egg Sauce.—Heat a pint milk to boiling and stir in tablespoon butter and four of sugar; take from fire and stir in yolks of four eggs beaten with two tablespoons cold milk, then add whipped whites of eggs, flavor vanilla and serve immediately.

Foaming Sauce.—Beat half cup each butter and sugar to a frothy cream; set dish in pan hot water, add tablespoon hot water, or more, if preferred; flavor with vanilla, and stir one way till it becomes a very light foam.

Golden Sauce.—Cream two tablespoon of butter and four of sugar; add yolk of egg and stir all into half pint boiling water. Letting cook a few moments in a pan of hot water, then add beaten white slowly and serve. Flavor as preferred.

Lactiola Sauce.—Scald a half pint milk, add sugar to taste and teaspoon flour or corn-starch mixed smooth with a little cold milk; boil two or three minutes, stirring constantly, remove from fire, and add beaten yolks of two eggs and any flavoring liked. Or scald six tablespoons milk and pour over the well-beaten yolk of one egg, mixed with two tablespoons sugar; then pour this over the whipped whites beaten with two more tablespoons sugar. Flavor with nutmeg and serve either cold or hot.

Marigold Sauce.—Four tablespoons butter seven of best powdered sugar, half cup fruit juice, cup cream, half a nutmeg, yolk of six eggs; scald cream in custard kettle, beat butter, sugar and eggs together; add nutmeg, pour hot cream over all, add juice and serve.

Orange Sauce.—Beat whites of five eggs to stiff froth, add coffee cup powdered sugar, juice of two oranges and grated rind of one. Make *Lemon Sauce* same way. Or make in proportion of two eggs to one lemon and half cup sugar.

Queen Sauce.—Boil pint water and scant three gills sugar half an hour; when cold, add gill orange and one-third lemon juice. Or if wished hot add the juice just before taking from stove.

Sago Sauce.—Wash tablespoon sago in two or three waters and then put in saucepan, with third of a pint water and peel, of a lemon; simmer gently ten minutes, take out lemon peel, add strained juice of one lemon and two oranges with sugar to taste, and if liked a little cinnamon, give one boil and serve. This is a delicious sauce for boiled puddings.

Saratoga Sauce.—Boil half cup each cream and milk, stir in heaping teaspoon corn-starch mixed smooth in a little cold milk, and add two tablespoons butter beaten to a cream with five of sugar. Serve at once.

SALADS.

Salads, when properly prepared, are very appetizing and wholesome, especially in the spring when the system needs the refreshing and tonic elements of the green salad plants. They may also be made very attractive additions to the table, and as will be seen by reference to the recipes which follow are very easily prepared, requiring very little thought or labor and many from the most simple ingredients, while some are quite inexpensive, utilizing odds and ends that frequently go to waste. The variety of salad materials is almost innumerable and may be divided into six classes; salad plants, uncooked and cooked vegetables, meats, fish, and fruits. For a list of the first, see Marketing. The excellence of a salad depends upon the freshness of its materials, and the preservation of an equal flavor in the use of condiments; the best salad is one in which no one flavor predominates and the ingredients composing the salad must harmonize with the dressing. The importance of using none but the purest condiments must not be overlooked, for a perfect salad cannot be made with inferior ingredients. All vegetables must be carefully cleaned and if to be used uncooked, thoroughly cooled before dressing. Lettuce should be carefully washed, as soon after picked as possible, in plenty of cold, salted water, rejecting all imperfect leaves, being careful not to bruise stems or leaves as it causes them to wilt, and left in clean, cold, salted water until fresh and crisp; then wrapped in a clean wet cloth, and kept in a cool, dark place; to lay it next ice in a refrigerator is an excellent way to keep it fresh and crisp. The salad in which lettuce is used should not be dressed until just

before serving, because the lettuce wilts so soon after the dressing is applied; the nicest small leaves should be reserved for decorating, the larger ones should be laid around the sides and in bottom of salad bowl, and the rest torn apart with the fingers.

Celery should also be carefully washed in plenty of cold, salted water, trimmed into lengths, wrapped in a wet cloth, and kept in cold place until wanted for the salad, when it should be cut into bits with a knife, not chopped. When celery cannot be had, chopped white cabbage, or head lettuce, shredded, may be used instead with celery seed. Frozen celery should be thrown into cold water while it is yet stiff; if it is allowed to partly thaw before putting into cold water it will be spoiled. All vegetables can be kept as above and crisped by placing in ice water an hour or two before serving. Asparagus, pease, and string beans for salads should be boiled in salted boiling water until tender, then drained and put into cold water at once, to preserve their color, and drained on a dry cloth to free from moisture before using. In preparing meat for salads it is much nicer to pick it or cut with a knife instead of chopping, always removing bits of gristle, fat and skin.

Mixing Salads.—In preparing dressing, powder the hard-boiled eggs, either in a mortar with a wooden pestle or by mashing with back of salad spoon (if raw eggs are used beat well and strain), add seasoning, then oil, a few drops at a time, and, lastly and gradually, vinegar. The wooden salad fork and spoon are best to use in making salads, though silver may be used. Always use freshest olive salad oil, not common sweet oil; a dark paper should be kept around the bottles of oil to shield them from the light, and they should be corked tightly enough to exclude the air and kept in a cool place. If oil can not be obtained, cream or melted butter is a good substitute and by some considered even more palatable, but when used it should be added last of all. All cooked dressings are better made in custard kettle, using great care in adding eggs, letting the mixture cool slightly, and adding slowly, lest they curdle. Then, whether cooked or uncooked, dressing should be made as *cold as possible* before mixing with the salad, save when otherwise specified in recipes where cooked dressings are used. The quantity of oil and vinegar may be increased or diminished according to taste, as many persons prefer a smaller portion of the former, and when sugar is used the quantity will depend somewhat upon the acidity



Salad Fork and Spoon.

of the vinegar. In using raw eggs, the yolks make a richer dressing and when making a quantity it is economical to prepare it on baking day, using the whites for cake. Appropriate dressings for each salad are suggested in recipes, but any dressing preferred may of course be used instead. When mixed, green salads should be stirred as little as possible, in order that their freshness may be preserved until they are served. Borage, summer savory, chervil, nasturtium, sorrel and endive (which must be blanched or it is bitter) may be added to green salads. In preparing meat salads, all the ingredients, except the delicate green, if any is used, may be prepared the day before using if kept on ice or in cold place, but must not be mixed until an hour or two before serving. Then add the dressing and mix by tossing up lightly with a wooden or silver fork, turn into salad-bowl or on platter and shape into an oval mound, taking care to handle very lightly, never using the least pressure to get it into form; then place on ice or in very cold place till ready to serve, as cold salad must be ice cold to be at its prime. Or mix only a part of the dressing with the salad and place remainder over the top. The salad is sometimes mixed with a plain dressing and a Mayonnaise placed over just before serving; or the entire dressing may be poured over the top. The Mayonnaise, or a cooked dressing is generally used with chicken, fish or meat salads, and most vegetable salads; for green salads, lettuce, cress, etc., the French or any plain dressing is most appropriate.

Serving Salads.—Green salads are usually served in salad-bowl, also those arranged in layers, but for meat salads and combination of vegetables, as the Russian and Boston, the platter is more often used, as it can be more handsomely garnished and presents a more attractive appearance. Though suggestions for garnishing follow each recipe, no exact rules can be given as the materials mentioned may not always be at hand and much depends upon the individual taste and judgment. Wild flowers or nasturtiums neatly arranged with alternate tufts of green, are very pretty during warm weather. During cold weather garnish with sliced eggs and pretty designs cut from beets, turnips, radishes, celery, etc. As handsome a garnish as we ever saw was as follows; in center of the hollowed halves of whites of boiled eggs was placed a spray or two of parsley, the stem stuck in egg, so it was held firmly; three of these halves were placed in center of salad, then rings of the white placed around salad with a spray of parsley in each; celery tufts could be used instead of parsley. A nice way of serving is in *Salad Shells*; put two or three small lettuce leaves together in form of a shell, or take the cup-shaped leaves, form cups and arrange on a platter; or some place a folded napkin in salad-bowl, then cover with lettuce leaves to absorb the drippings from the ice and put in the shells or cups with pieces of ice between; put in each a table-spoon of the salad and over this a teaspoon of dressing. Or ar-

range thus in individual dishes and place one at each plate ; this is a very simple and yet very attractive way of serving any salad, except a green salad. Fruit salads are generally served at breakfast ; vegetable and meat salads usually for tea and lunch or after meats at dinner. The cabbage, celery, cucumber, potato and green salads, are particularly appropriate for serving with meats, though some prefer to serve lettuce and celery salads after the meat course. The richer salads, like chicken, lobster and salmon are particularly nice for suppers and lunches, but are also served after meats at dinner.

Bavarian Dressing.—Put half pint boiling water in custard kettle, add three tablespoons vinegar and place on stove. Beat three eggs lightly ; mix with a little cold water, tablespoon mustard, teaspoon salt, pinch of cayenne and half tablespoon corn-starch, beat this mixture up with eggs, and stir it very slowly into the boiling water and vinegar, removing latter from stove in order to prevent possibility of curdling ; then return to stove and stir constantly until quite thick. Take from fire, add immediately a quarter pound butter and stir until it is thoroughly melted. Put yolk of an egg on plate, and with a fork, mix gradually with it gill olive oil, beating it in well. When first mixture is cold, beat second into it. If more oil is desired, the yolk of another egg must be mixed with it. This recipe will make about a pint.

Bouillon Dressing.—To one pint boiling water, or veal, fish or chicken broth add a small, scraped carrot and half an onion, sliced half bay leaf, celery root cut in pieces, seven cloves, five whole allspice, fifteen pepper-corns and quarter teaspoon white mustard seed ; simmer fifteen minutes, adding a little more water if needed ; strain and cool. To each gill liquid add a gill vinegar, teaspoon sugar, and pour over any salad wished. For *Jellied Bouillon Dressing*, add to this, third of box of gelatine soaked in cold water, and to each quart of liquid the white and shell of an egg ; when just commencing to boil place on back of range and simmer seven minutes or until it looks clear as in clarifying soup ; strain and use as directed in Gelinola salad. When vinegar is strong do not use more than two-thirds as much. Double this recipe makes a pint of bouillon and this with two-thirds pint vinegar, two-thirds box or ounce and a third gelatine and a box sardines makes a quart mold of *Sardine Salad*.

Cream Dressing.—Three eggs, tablespoon olive oil or melted butter, and two of mustard, cup each sweet cream and vinegar, teaspoon each salt and pepper ; mix mustard and oil, then eggs well-beaten, cream, vinegar, salt and pepper, all together ; put mixture in custard kettle and boil gently until thick as cream ; when done, put in quart jar, cork tightly, and it will keep for months. Can be used for all kinds of salads and slaws. A tablespoon sugar may be added if liked. If to be used immediately make only half or a third of the recipe, and add beaten egg and cream after taking from fire.

Eggless Cream Dressing.—Prepare cream as above add tablespoon butter mixed smooth with a tablespoon and a half flour, cook two or three minutes; take off fire, add tablespoon more butter, stir till well mixed, add vinegar and seasoning as above, omitting the oil. Addition of lemon juice, minced onion, parsley, chopped pickle, etc., may be made as wished.

French Dressing.—Mix thoroughly together six tablespoons oil, two saltspoons salt, half saltspoon white pepper and two tablespoons vinegar. A pinch cayenne may be added. For an *Italian Dressing* add teaspoon each chopped onion and pickle.

Mayonnaise Dressing.—Take yolks of two eggs, two saltspoons salt, one of white pepper or pinch of cayenne, teaspoon dry mustard, half pint olive-oil and about three tablespoons vinegar. To prevent danger of curdling, beat with a wooden spoon the yolks, salt, pepper and mustard together before adding the oil which must be stirred in gradually, a few drops at a time, taking care to blend each portion with the egg before adding more, stirring constantly, until a thick paste is formed, and the mixture has a glossy instead of velvety appearance; then add a few drops vinegar, stirring all the time, until of the consistency of thick cream; stir in more oil in drops until the mayonnaise is stiff again, when a few drops vinegar should be beaten in and so continue alternating until all the oil is used, adding vinegar rather cautiously at the last so that when finished the mayonnaise will be stiff enough to remain on top of the salad. The dressing should be stirred one way, as reversing the current causes it to curdle. Lemon juice may be used instead of vinegar, or a few drops may be added with the vinegar. This is the smoothest and richest of salad dressings, the oily flavor is entirely lost in combination with the raw egg. Fifteen or twenty minutes are usually required for putting the ingredients together. Care must be taken not to add too much oil at first or the mayonnaise will curdle. When this happens, beat the yolks of one or two more eggs on another plate, add to them the curdled mayonnaise by degrees, and finish by adding more oil and vinegar or lemon juice. Some think there is less danger of curdling if the addition of vinegar is begun when only a little oil has been used. After all ingredients are thoroughly mixed the addition of a cup whipped cream enriches the dressing, and some add a teaspoon or two sugar. This sauce keeps well, if bottled and corked with a glass stopper, and it may be made at any time in advance when yolks are left over from baking. In summer, place oil and eggs in cold place half an hour before making. The well-beaten white of an egg may be added to the dressing just before using. To make *Red Mayonnaise*, add lobster coral, pounded to a powder and rubbed through a sieve, or use juice from boiled beets. For *Green Mayonnaise*, add Spinach or Parsley Coloring, and use tarragon vinegar. If liked any of the flavored vinegars given in pickles may be used instead of the plain.

Minnehaha Dressing.—Dissolve tablespoon mustard in a little vinegar, then add a little more of latter till half a pint is used; mix in this gill sugar, more if wished sweeter, and two tablespoons soft, but not melted, butter; let boil, place on back of range and add yolks of six eggs or four whole ones, as directed in Mixing Salad. When done, and ice cold pour over any salad wished, but especially nice for Tip-Top Salad. This dressing keeps nicely when corked tightly. Less eggs may be taken, using a teaspoon corn-starch for each egg omitted.

Orange Dressing.—Beat together two and a half gills orange and gill lemon juice, add five tablespoons fine granulated sugar and beaten white and shell of half an egg; cook in custard kettle ten minutes, strain and when cold pour over the salad. For *Jellied Orange Dressing*, add to above mixture when half done, third of a box gelatine, (two-thirds of an ounce) soaked in seven tablespoons cold water, strain and use as directed in Gelinola Salad. For *Raspberry Dressing*, make as first recipe, using two and a half gills raspberries and one gill currant juice; for *Jellied Raspberry Dressing*, make as second recipe. Water may be added to juice if wished.

Swiss Dressing.—Mash the yolks of four hard-boiled eggs, with two teaspoons each white pepper and made mustard, one of salt and a pinch of cayenne; add three tablespoons melted butter or salad oil, a few drops at a time, and when smooth stir in a well-beaten egg, and gradually add cup vinegar, or use half lemon juice. Some use only the yolks of two or three hard-boiled eggs, and stir in beaten yolks of two eggs at the last instead of the whole egg. A tablespoon sugar may be added, and cream or clarified chicken fat may be used instead of oil or butter, adding twice the quantity of cream. Or for a *Foam Dressing* stir in first recipe the whipped white of an egg just before serving, having added tablespoon sugar.

Anchovy Salad.—Wash, skin and bone eight salted anchovies, soak in cold water, or water and milk, an hour, then drain and dry them. Arrange lettuce leaves neatly in salad bowl and over them put the anchovies and two sliced hard-boiled eggs, pour a French or any plain Dressing over and serve. If preferred, the fish may be chopped or cut into strips.

Apple Salad.—Slice very tart apples and mix with young onions, chopped, place on a dish and pour a French Dressing over. Or for *Apple and Celery Salad* mix equal quantities sliced apples and cut celery and pour over any dressing preferred.

Bean Salad.—When boiled string beans are cold, slice them lengthwise, cutting them into four long slices; place them neatly, the slices all lying in one direction crosswise on the platter. Season them an hour or two before serving, with a marinade of a little pepper, salt, and three spoonfuls of vinegar to one spoonful of oil. Just before serving, drain from them any drops that may have collected and carefully mix with the Italian Dressing.



Bean Salad.

Cabbage Salad.—Soak two quarts chopped cabbage in salted water, two tablespoons salt to quart water, an hour or longer; meantime making Minnehaha Dressing and mixing it with the cabbage after draining in colander, pressing well with potato masher to extract all the water; toss lightly with fork and serve. A little chopped celery soaked with the cabbage is an improvement as it harmonizes perfectly and a quantity may be made up for it will keep nicely in a tightly covered jar.

Chicken Salad.—Boil chicken until tender, salting to taste; when cold cut in half inch pieces rejecting all fat, gristle and skin, place in earthen bowl and to every quart add two tablespoons vinegar, one of oil, half teaspoon salt and quarter teaspoon pepper. Set away in cold place an hour or two; prepare the celery as directed, in the proportion liked, and put in ice-box or other cool place until time to serve. Make a Mayonnaise Dressing, mix the chicken and celery together with a part of the dressing, arrange in a smooth mound on flat dish, pour remainder of Mayonnaise over, and garnish with white celery leaves, reserved for this purpose, with a little bouquet of the leaves stuck on top encircling with rows of capers and bordering with slices of hard-boiled eggs as shown in cut. Or when mixing the chicken and celery add half gill vinegar and a gill and a half salad oil to each quart salad, with pepper and salt to taste; then make into a mound or place on a bed of lettuce leaves, as above, and pour the Mayonnaise Dressing over. When making for large parties, or when the chicken is dry from having been cut up too long, first pour a Plain Dressing over the salad, let stand an hour or two and drain before dishing and adding the Mayonnaise. But when lettuce leaves are used, the vinegar or plain dressing must be poured over the chicken alone as the lettuce wilts so soon, and must be added only just before dishing for the table.



Chicken Salad.

Gelinola Salad.—This is one of the most delicious as well as ornamental salads and is made with fish. shell fish, meats, fruit, vegetables, etc. To make *With Fish* any kind of cold cooked fish may be used, cut in pieces, but sardines and canned shrimps prepared whole are especially ornamental; make a Jellied Bouillon Dressing, using Tarragon or Anchovy vinegar if obtainable, instead of the plain vinegar. Rinse a mold and pour in some of the jelly to the depth of third of an inch; set mold in a bed of pounded ice, or snow, and put in a cold place; when hardened lay in whole fish,

or pieces, in any design wished, not letting them touch the sides of mold; then fill spaces between the fish with more jelly until the fish begin to float, and when hardened repeat as above, till mold is full. Keep dressing from hardening while using, by placing pitcher in hot water as described in Chicken in Jelly; although if bed of ice or snow is used, the salad soon hardens and simply keeping the pitcher on kitchen table will be warm enough as it wants to be half thickened when used. Place mold on ice for three or four hours, remove as directed, and serve on platter garnished with parsley, lettuce, sliced boiled eggs, beets, etc., arrange in any pretty design. A Sardine Dressing may be prepared and a spoonful placed upon each slice when served at table, or it may be served without any dressing. Or *With Oysters*, slightly cook them, or sprinkle with salt and pepper and let stand an hour or two, drain and make same way, adding celery cut in quarter inch dice as a border to the layer of oysters, and using the oyster liquor with what water is necessary in place of the water for the Jellied Dressing. Celery Vinegar makes the salad nicer than plain vinegar. *With Lobster*, make same as fish and the coral and different parts can be arranged in the jelly to make a very handsome dish. *With Game, Poultry or Meat*, prepare as with fish, being cold, cooked ingredients and serving at table with any dressing wished or without any. A harmoniously flavored vinegar may be used in the dressing for any of the different salads instead of plain if wished. *With Fruit*, make same, using the Jellied Orange Dressing with high colored fruit, as currants, raspberries, cherries, strawberries, blackberries, etc., and with slices of peaches, pears, apples, etc., the Jellied Raspberry Dressing, serving former with or without the Orange Dressing (liquid) and the latter with or without the Raspberry Dressing. *With Vegetables* prepare in same manner, using cold cooked vegetables with the Jellied Bouillon Dressing, and where pease, dice of carrots, white turnips, beets, etc., are arranged tastefully the effect is very pleasing, or use any of the green vegetables, such as lettuce, celery, etc., or either kind can be used with fish, meat or poultry and be found an addition; and in fact many combinations can be made with different kinds of fruit, different kinds of meat, etc. It is not at all difficult to make, only somewhat tedious, but one will be *fully repaid* for all the trouble in both the taste and beauty of the salad.

Lettuce Salad.—Wash the lettuce carefully, using only the inside tender leaves, and wipe with a cloth to remove all grit. It is a very delicate vegetable and easily spoiled by careless handling. Tear into small pieces or use whole (never cut lettuce). Place in a bowl and cover with the Foam or French Dressing. Powdered sugar may also be sprinkled over the lettuce before adding dressing. Some prefer to serve the salad alone and add dressing at table. Those who like the flavor add a chopped onion.

Sliced and chopped radishes and cucumbers are also used in lettuce salad and adding thin slices of cold meat or flaked fish makes a very nice dish for luncheon. Chopped celery and anchovies are nice additions to a plain lettuce salad, or add a few tarragon leaves. Tarragon has a flavor unlike anything else, and gives to lettuce salad that pleasing flavor peculiar to French salads. If the leaves cannot be had, use tarragon vinegar instead of plain in the dressing. If the lettuce is at all wilted place in very cold water for an hour or two. Sliced cucumbers, hard-boiled eggs, pickled beets, nasturtiums, radishes, and cut vegetable flowers are used for garnishing. Cheese is generally served with lettuce salad, and when latter is dressed at table, serve small dish grated cheese with it to be sprinkled over the lettuce. It is delicious, and sometimes crackers or thin bread and butter accompany it. Cheese crusts, and Cheese Straws are also very palatable with it. *Corn-salad Salad* is made as above using corn-salad instead of lettuce. *Currant Salad* is made by mixing fresh ripe currants with lettuce and the French Dressing.

Lobster Salad.—Crack the claws of a cooked lobster (see Shell-fish) after first disjointing, twist off head, split body in two lengthwise, pick out meat in bits not too fine, saving coral separate; tear a large head of lettuce into pieces about two inches square, and place on dish, over which lay the lobster, putting the coral around the outside and pour over it a Mayonnaise, Bavarian or Eggless. Cream Dressing. Some reserve the green fat, work it into a smooth paste, mix this well with yolk of a raw egg and add the mixture to the Mayonnaise. When celery is used the lobster meat, moistened with a little of the Mayonnaise, and celery may be arranged in three layers with lettuce leaves at bottom, then meat, then celery and finish with the meat, pouring remainder of Mayonnaise over as above. A few olives may be added if liked. Some reserve pieces of the lobster meat to be used in garnishing, and having arranged the salad on a dish, place first a row of sliced cucumbers, then the pieces of lobster, sliced yolks and whites of hard-boiled eggs, the coral saved from lobster and sliced beets placed alternately, or arranged in small separate bunches, so that the colors contrast nicely. Capers, olives and small pickled gherkins are also used. The claws, tail and head are also used for garnishing. To prepare them, open the shell of the tail with a can-opener, without mangling the flesh, split it and remove the intestine running through the middle, open the claws in same way, and use the meat from all in the salad, rub the head with a little oil to brighten the color and place in center of dish; arrange the salad around it, pour the dressing over, and garnish with the claws, tail, coral, small lettuce leaves or tufts of celery, with the addition of any of above garnishes mentioned. The eggs of the hen lobster should be carefully removed from the tail pins and sprinkled over the salad after covering with the Mayonnaise.

which may also be colored with the coral if latter is not wanted for the garnish, or serve in Salad Shells as directed in preface. To make *Canned Lobster Salad*, take one can of lobster, chopped fine, twelve hard-boiled eggs, also chopped fine, mix and pour over a hot Cream Dressing, tossing all up lightly with a fork.

Nasturtium Salad.—Shred nasturtium flowers in small pieces, salt and pepper well and pour a Mayonnaise Dressing over. Or mix with the nasturtiums a head of shred lettuce or pint water-creases and three chopped hard-boiled eggs and teaspoon sugar. Put in dish with two alternate layers of Mayonnaise, or any dressing liked, and garnish with a wreath of nasturtium flowers and bunch of same in center.

Orange Salad.—Do not peel, but slice thin two or three sour oranges on a dish, remove seeds and pour over them a dressing of three tablespoons salad oil, a dust of cayenne pepper, a little salt if wished, and juice of one lemon if oranges are too sweet, with grated rind of an orange. This is a delicious accompaniment for boiled or roasted game. For *Florida Salad*, place in salad bowl alternate layers of sliced oranges and bananas; pour over the Orange Dressing, and put on ice or in cold place three or four hours. Any harmonious combination of fruits may be prepared same way, *Peaches* and *Pine-apples*, *Raspberries* and *Currants*, or *Strawberries* and *Oranges*, using either the Orange or Raspberry Dressing, always remembering that all Fruit Salads must stand two or three hours before serving to be in their prime.

Oyster Salad.—Prepare oysters as directed in Shell Fish, using the smaller ones, and after draining, (do not cook) add to them chopped celery, cover with Mayonnaise Dressing and when very cold serve. Or put the liquor that drains from them over the fire, adding a little vinegar; skim and when hot put in the oysters and let boil up once to plump, not cook them; then skim out oysters and cool quickly by plunging into cold water a moment and draining, or by setting the plate on ice; some let them cool in liquor in which they were boiled, to which may be added instead of the vinegar a little salt, pepper, butter, and blade of mace. When the oysters are cold mix lightly with an equal quantity cut celery or shred lettuce, and two pickled cucumbers cut fine, chopping the oysters coarsely, if liked, or leaving them whole. Turn the cooked oyster liquor over and just before serving stir in a Swiss or Mayonnaise Dressing, tossing up lightly with a fork.

Potato Salad.—This salad may be prepared with cooked potatoes, either cold or hot, though many cooks differ on this point, some maintaining that the potatoes should always be hot, while others meet the most gratifying success in using them cold. It is claimed that a salad made from hot potatoes will keep nicely three or four days, while that from the cold vegetable will soon turn dark.

For a plain salad either chop the potatoes or slice thinly as preferred, add a small onion, chopped or sliced, to each pint potato, arrange them on dish without breaking slices and serve with a good salad dressing poured over, or the dressing is nice added in alternate layers with the potato. Some grate the onion over the potato, which may be cut in strips if preferred; or omit the onion and serve with a French Dressing with the addition of celery salt. Some add a few blanched and quartered almonds and hickory-nut meats. Or sliced lemons or anchovies may be added. Those who are fond of onions may use one-third onion to two-thirds potatoes and cover with a Mayonnaise Dressing. Chopped lettuce with the onions improves the salad. When the onions are not used, chopped parsley is a nice addition, and it may also be used with the onions. Some like bits of fried salt pork mixed with the potatoes. An excellent salad is made by mixing a quart potatoes, pared and cut in thin slices while hot, with two tablespoons each grated onion and chopped parsley, four of chopped beet, and enough of any preferred dressing to make moist; the Sardine Dressing is very nice for this. The salad is better if vegetables are mixed and let stand two or three hours before adding dressing, keeping in a cool place.

Salmon Salad.—To make from fresh salmon, broil two salmon steaks, or take cold boiled salmon, break into flakes or cut in two inch pieces and add little salt, pepper and two tablespoons lemon juice or vinegar, some add a little chopped onion, parsley and salad oil, and let stand from one to three hours. Then half fill a salad bowl with lettuce, put in the prepared fish and garnish with hard-boiled eggs, stoned olives and a few spiced oysters. Or place the prepared salmon in a circle on the lettuce leaves, pour a Mayonnaise Dressing in center and sprinkle capers over the whole. Some season the lettuce with Italian Dressing before dishing. If salmon is boiled purposely for salad it can be made into neater slices by cutting before cooking, then put in wire basket and set in warm water to which a little vinegar and salt has been added, bring to a boil and simmer gently until tender. Pike, blue-fish and flounders make nice salads prepared same way. For *Canned Salmon Salad*, put three stalks celery, cut, in salad bowl, arrange neatly over it a half pound canned salmon, turn a Mayonnaise Dressing over, garnish and serve.

Sardine Salad.—Wash the oil from six sardines, remove skin and bone and squeeze a little lemon juice over them, put a layer of lettuce leaves in salad bowl and over them the fish with two chopped hard-boiled eggs scattered over and serve with Sardine Dressing. Or arrange sliced cucumber pickles and sliced hard-boiled eggs with the fish around the center of lettuce leaves and serve same. Or first place any kind of cooked fish on a bed of crisp lettuce and cover with the Sardine Dressing; split six sardines, remove bones and ar-

range them over the fish and dressing so that the ends meet in center of dish. Enrich the whole with thin slices of lemon and garnish with parsley or lettuce.

Shrimp Salad.—When buying canned shrimps select those labeled simply shrimps, not potted shrimps, as the latter are chopped, and are not so nice for salad as the whole ones, even when they are to be chopped in preparing. For a plain salad take one and one-third bunches celery and one can shrimps; cut celery in fine pieces and wash; halve or chop the shrimps, or prick them in pieces as preferred, mix, sprinkle with a little salt and pour a Mayonnaise Dressing over. Shred lettuce may be used instead of celery. If to be served whole take the shrimps carefully from the bag in which they are put into can, remove all bits of shell or black specks, taking care not to break their form, pile them high on a bed of shred lettuce or cut celery in salad bowl, pour Bavarian Dressing over and serve garnished with border of lettuce leaves or celery tops, with tuft in center; or serve in the Salad Shells.

Tomato Salad.—Arrange red and yellow sliced tomatoes alternately in a glass dish on a bed of lettuce, pour over Cream Dressing and dust a little pepper on top. Or sprinkle a teaspoon chopped tarragon over three sliced tomatoes, with a little chopped onion if liked, and cover with Cream or Mayonnaise Dressing; or omit the tarragon and onion and serve a teaspoon Mayonnaise Dressing spread on each slice, neatly arranging on flat dish. May be garnished with a delicate border of parsley, with a few sprigs laid between the sliced tomatoes. Some dip the tomato into a mixture of three tablespoons vinegar to one of oil, pepper and salt; then drain well and mix them in the Mayonnaise Dressing.



Tomato Salad.

Whipped Cream Slaw.—Chop cabbage fine and dress as above, then cover with plenty whipped cream, sweetened; it is nicer to first place slaw in the individual dishes and then cover about an inch deep with whipped cream.

Jelly Border for Salad.—Pour enough liquid Aspic Jelly in crown mold to make a layer half an inch deep; when hard arrange on the jelly dainty shapes of cooked carrot and beet, cut with vegetable cutter, and white of hard-boiled eggs in rings; add carefully two tablespoons more of the jelly, having kept it warm by placing in pan of hot water. When hardened, fill with remainder of jelly and set away until ready to serve. Wrap a towel wet in warm water around the mold, turn the jelly out very carefully and fill center with any nice salad. Boned Fowl or Marbled Veal can also be served in the center.

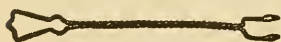


Crown Mold.

SHELL-FISH.

To thoroughly enjoy and appreciate shell-fish one must live on the coast ; and yet transportation has been so far perfected that they are found quite fresh in almost every place. Of course the canned goods are always obtainable. The oyster is more used than any of the others and there is not a lover of them who does not heartily sympathize with the boy who wanted to spell August "O-r-g-u-s-t," in order to bring it into the list of the months which contain an "r" in all of which oysters are in season. The delicious bivalves furnish an important, and, in most localities, a not expensive article of food ; and the ease with which they are prepared for table, and great variety of ways in which they may be cooked and served, make them a great favorite with housekeepers. To judge whether clams and oysters are fresh insert a knife, and if the shell instantly closes firmly on the knife they are fresh. If it shuts slowly and faintly or not at all they are dying or dead ; or another test is that when fresh, the shell is firmly closed ; if open the oyster is dead and unfit for use. Oysters in the shell may be kept in a cool cellar, and occasionally sprinkled with salt water. The small-shelled variety have the finest flavor. For the freshness of canned oysters it is necessary to trust the dealer, but never buy cans the sides of which are swollen. In preparing them for cooking or for table, *carefully remove all bits of shell*. When cooking, some do not skim at all, others only slightly, claiming that a great deal of the rich flavor is lost by so doing ; and with good fresh oysters, and none other should be used, it is not necessary. Never salt oysters for soups or stews till just before removing them from the fire, or they will shrivel up and be hard, and add but-

ter at same time as too much cooking makes butter oily. Roasting in shell best preserves natural flavor. *Always serve immediately after cooking*, no matter what method is used and do not cook long, never boiling more than a minute or two. This is also true of lobsters, etc., as long cooking toughens the meat. In handling oysters the wire oyster fork is nice as the short tines hold the oyster



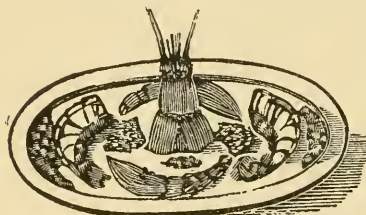
Wire Oyster Fork.

at the end of the fork, instead of allowing the tines to slip through and project beyond the oyster. As to nutritive qualities oysters rank much below meats, and it is even questioned whether they contain the phosphorus, or brain-food, which has been credited to them in company with the finny tribe in general. But, when properly cooked, they are easy of digestion, and very proper food for persons whose occupation is sedentary, and whose duties do not call for heavy muscular exertion. Even for invalids, they are nutritious and wholesome, when delicately prepared. For varieties, etc., of shell-fish see Marketing and to dress lobsters, terrapins, etc., for the different dishes given, see Cutting and Curing Meats. To open oysters, wash the shells and put on hot coals or upon top of a hot stove, or bake in a hot oven; or open on end with oyster knife or sharp iron, resting round part of oyster shell in left hand, using the knife with right, or open cans with can opener. From the middle of January to middle of March oysters are really in best condition and are also less expensive.



Can Opener.

Boiled Lobster.—Put in boiling water, with little salt, and boil till cooked through and shell turns red; rub shell with sweet oil after wiping to brighten color. Split body and tail through, crack claws and it is ready to serve, but must be cut up fine before eating. A dressing made of salt, mustard, oil, cayenne pepper and vinegar, mixed with the yolk of an egg, is usually prepared for it. The white of a hard-boiled egg may be minced fine and



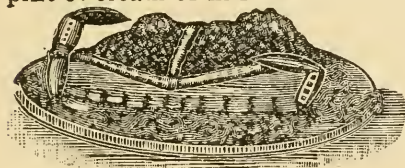
Boiled Lobster.

strewn over it. *Boiled Crabs* are prepared and served same, procuring the hard-shelled, and being careful to remove eyes, soft fins,

etc., before cooking. The meat is often picked from shell before sent to table and served with salt, pepper, lemon juice or vinegar or any good table sauce, or heat it in White Sauce, or with butter, vinegar and a rather high seasoning.

Broiled Lobster.—Cut tail part of lobster in two, rub a little sweet oil over the meat and broil. When done brush a little butter over it with juice of half a lemon and a very little cayenne. Put meat back in shell and send to table with dish of broiled tomatoes and fresh baked potatoes. Or cut tail in square pieces, cut a few thin slices bacon into squares a little larger than the lobster; place on a skewer alternately and broil; baste as above and send to table on bed of water-cresses.

Deviled Lobster.—Take the meat from boiled lobsters as directed in Lobster Salad and chop fine, or cut into fine dice, reserving the coral. Rub the coral smooth, moistening with vinegar until thin enough to pour easily. Season the lobster meat highly with mustard, cayenne, salt, and sharp sauce. Toss up with a fork until mixed and put in covered saucepan with only enough hot water to keep from burning; boil up once and stir in prepared coral, add tablespoon butter and when it reaches boiling point take from fire. Do not cook too much or meat will be tough. May be served hot in deep dish or put back in shells, or in baking dish covered with bread-crumbs and bits of butter and browned in oven. If to be served in shells, be careful in opening not to break the body or tail of shells, which must be washed and dried, rubbed in oil, and if two lobsters are used may be put together in form of a boat. Some chop a little parsley and shallot with the meat, add a few drops essence of anchovies, tablespoon vinegar, cayenne pepper and salt, and a little Cream or Bechamel Sauce; boil all well together, add beaten yolk of an egg, put in the shells, cover with bread-crumbs and bits of butter and brown twenty minutes in oven. Or, boil a pint of cream or milk and stir with two tablespoons flour and one



Deviled Lobster.

of mustard mixed smooth with three tablespoons hot cream; cook two minutes, add meat from two lobsters with salt, pepper, and pinch cayenne, boil one minute, put in shells as above, brown in oven and serve on long narrow platter, with body in center and tails at each end, garnished with parsley and sliced lemon. The prepared meat left over is nice reheated and served on slices of toast for breakfast. For *Scalloped Lobster*, omit the mustard in last recipe, put the mixture in buttered dish or scallop shells and finish as above. White Stock or water may be used instead of milk or cream and some prefer to thicken with corn-starch. Canned lobster may be used in any of above recipes.

Roasted Lobster.—When lobster is half cooked, remove from water and rub thoroughly with butter, put in heated pan in hot oven and baste constantly with butter until it has a fine froth and shell is dark brown. Place on dish and serve with melted butter.

Lobster Croquettes.—Chop meat of a boiled lobster fine with quarter as much bread as meat; add pepper, salt, and mace if liked, make into pointed balls with two tablespoons melted butter, single-bread them and fry in butter or lard. Serve dry and hot and garnish with crisp parsley. Delicious entree or supper dish.

Broiled Oysters.—Remove from shell and heat two dozen oysters in their own liquor, drain and add to oysters in pan a lump of butter, little chopped parsley and shallot, pepper and salt and scald but do not boil; then put back in shells with a few drops of lemon juice, cover with bread-crumbs and broil; when they boil in shell take from fire and serve at once. Or, open oysters, leaving them in their deep shell, taking care not to spill the juice, season with small piece butter, a little cayenne, salt, and lemon juice if liked; place on gridiron over brisk fire and broil about three minutes. Serve with bread and butter.

Creamed Oysters.—Put pint cream in custard kettle with a slice of onion and a bit of mace and let boil; add tablespoon flour mixed smooth with little cold milk or cream, and salt or pepper to taste; have the oysters scalded in their own liquor, skimmed if necessary, drain and add them to the boiling cream. Skim out mace and onions and serve very hot on slices of hot buttered toast. Some do not scald the oysters before adding to cream and add their liquor also. The onions and mace may be omitted.

Fried Oysters.—This, next to soup, is the way in which oysters are most generally served and we give a number of recipes; for all of them, the oysters must be drained thoroughly in colander and *all bits of shell* removed; to do which it is sometimes necessary to take up each oyster, and some dry on a soft white cloth, although it is best to handle them as little as possible as it tends to toughen them. They can be breaded in any of the ways given on page 267 and bread-crumbs may be used, but it is then very necessary that they be wiped dry before dipping, but with cracker-dust draining is all that is needed. Where one is near a large bakery, it is nicer to buy the latter rather than to prepare it one's self and even more economical. *Philadelphia Fried Oysters* are prepared by rolling them in flour, seasoned with salt and pepper, dropping them into an equal mixture of lard and salad oil made smoking hot in frying-pan, and serving them the instant their edges begin to curl. For *Gopher Fried Oysters*, beat three or four more eggs, according to number of oysters to be fried, add equal bulk of rich cream and season with salt and pepper; dip oysters, one by one in this and then roll carefully in either sifted bread or cracker-crumbs. Let

stand in a cool place till ready to fry, an hour or so will not hurt them, fry in frying-pan or like fritters. *With Oil*, beat the yolks of six eggs with three tablespoons salad oil and season with teaspoon salt and pinch cayenne, dip in this, then roll in cracker-dust and let stand ten minutes, then dip in mixture, lastly roll in sifted bread-crumbs and fry as above. For *Italian Fried Oysters*, boil three dozen oysters for one minute in their own liquor, and drain them; fry them in two tablespoons butter, one of catsup, a little chopped lemon peel and parsley; drain, place on dish, and garnish with fried potatoes and parsley. This is a delicious delicacy. Or some bread them, seasoning the crumbs with finely-chopped parsley, grated lemon rind and nutmeg and a pinch of cayenne, and fry as Gopher Fried Oysters, seasoning with celery salt just before serving. For *Manhattan Fried Oysters*, after draining, season with salt and pepper, roll in cracker-crumbs or dust and cover the bottom of a frying-pan in which a tablespoon or two of butter has been made very hot; fry brown, turning as needed and serve on dry toast. One of the most ornamental ways of serving fried oysters is as follows: cut off top from a brick-shaped loaf of bread scraping off the inner crumbs from top and the remaining part of loaf, leaving crust half an inch thick; place in stove until thoroughly heated, then put in the fried oysters, cover with top, tie around it ribbon, corresponding with table decorations, place on platter and serve, garnished with slices of lemon and sprigs of parsley. The loaf may be used several times if cared for carefully; or prepare small rolls in same way, cutting them into two lengthwise, fill, tie, and serve individually. These are also nice filled with any salad or chopped meats. Always serve pickles, slaw, grated horseradish, etc., with fried oysters.

Fricassee Oysters.—Drain liquor from a quart oysters, strain pint of it into stewpan and when it boils put in oysters; when they begin to swell add tablespoon flour rubbed smooth with two of butter and cook until oysters are white and plump, add a gill cream with white pepper and salt to taste and serve hot; some add beaten eggs and juice of a lemon, sprinkling a little chopped parsley over the fricassee, after dishing and just before serving; or omit liquor, put drained oysters in a hot frying-pan with tablespoon butter, then finish as above, adding an egg or two with the cream. For a richer fricassee, parboil or swell fifty fine oysters in their own juice. Remove scum, and place juice and oysters in a hot tureen, cover and keep in a warm place. Rub together six tablespoons butter, three of flour and a half gill hot cream till a smooth paste; add this to a quart and a half hot cream in stewpan over fire and stir constantly; season to taste with salt, white pepper, allspice, mace and a little nutmeg; stir until mixture begins to thicken, then add the well-beaten yolks of six eggs. Strain mixture over oysters, stir well, then cover thickly with bread-crumbs, on top of which lay a few bits

of butter. Place in quick oven until top is of a very rich brown. Serve very hot. Some like the addition of a teaspoon chopped parsley, and if served in an open dish garnish with squares or rounds of fried bread and sprigs of parsley.

Hidden Oysters.—Cut as many thin slices of fat bacon as there are oysters, large New York Counts, dust a little cayenne on each oyster and wrap a slice of bacon around it, keeping in place with wooden toothpicks; heat a frying-pan, put in bacon and oysters and keep over quick fire until bacon is browned on all sides, being careful not to burn; take out the toothpicks or not as preferred, and serve singly on small squares of toast. Must all be prepared very quickly and served very hot.

Panned Oysters.—To pan in their own juice, select two dozen of the freshest oysters, have a small pan about an inch deep with a handle; open oysters into pan and add as much more juice. Add tablespoon butter, pinch of salt and black pepper, and sprinkle a little cracker-dust on top. Place on quick fire, and when oysters begin to swell they are done. Serve on toast. Or *With Cream*, place in stewpan, add some pepper, a little mace, two cloves, and four or five tablespoons cream. Set over fire until oysters swell. Then pour over toast and add a few bits of butter. Put tablespoon flour with liquor from oysters, mix smoothly together and bring to a boil. Pour this over the oysters and toast, put in very hot oven and brown top a little. A few bread-crumbs may be sprinkled on top dish with bits of parsley before baking. To pan oysters *In the Shell* select the largest ones, wash both shells perfectly clean, put in baking pan with round side down, and place in oven. In a few minutes the shell will slightly open; then take from fire, remove top shell carefully and retain all juice possible. Place on each oyster a piece of butter, sprinkle of salt and pepper, and a few bits of toast cut in half-inch squares. Serve in shells placed on a folded napkin.

Pickled Oysters.—Place oysters in saucepan and simmer gently in their own liquor about ten minutes. Take them out one by one, place in jar, cover, and when cold add a pickle made as follows: Measure the oyster liquor, add same quantity of vinegar, blade pounded mace, strip of lemon peel, whole cloves, boil five minutes.

Raw Oysters.—Procure oysters as nearly of a size as possible, and have the shell scrubbed with a brush till free from sand or dirt; open as directed in preface. In serving them without the shells the most attractive way is in a dish of ice, made by freezing water in a tin form shaped like a salad bowl, or in a *Boat of Ice*. Select a large block of ice, of crystal clearness; with a hot flat iron melt a large enough place in the top to hold oysters, then chip from sides until shaped like a boat. Keep it where it may not melt. The oysters should be well drained, seasoned with pepper and salt, and placed in the ice-boat. Just before dinner is served, arrange a bed of

fresh green geranium leaves or parsley or any green upon a low platter and place the boat upon it, propping it up if necessary with a few small lumps of ice hidden among the leaves. Twine delicate green vines prettily over the boat and arrange a circle of vivid scarlet geraniums upon the platter around the base of the boat and place on upper edge halves or quarters of lemon as a garnish. Two folded napkins may be placed on platter to prevent the boat from slipping, then cover as above. This is a very elegant manner of serving, much more pleasing in appearance than the shells. It may be served merely on a square block without being chipped. A still more elaborate way is to have individual dishes of ice also; they can be made in same manner, some using an ordinary window weight, heated, to hollow them out and chipping the outside of the small blocks into eight-sided dishes or any shapes wished. Raw oysters are served with brown bread and butter as above for luncheon, but more frequently with thin slices of toast before soup at dinner. *Frozen Oysters* are esteemed a great delicacy by some; leave them where they will freeze, then open and serve in the half-shell.

Scalloped Oysters.—This is another method of cooking oysters by which most of their fine native flavor may be retained, and is a very satisfactory dish. Butter and bread a baking dish, using only the sweetest of bread-crumbs and butter. On this place a layer of extra fine oysters, season with salt and pepper, and put in another layer of crumbs and another of oysters, and repeat this until the dish is full, having the last layer bread-crumbs, butter and seasoning; add oyster liquor with a small dash cayenne pepper over the top. Be sure to use plenty



Inner Dish.

of butter, place in a hot oven for thirty minutes, baking a rich brown and serve *hot*. The soufflé dish is especially nice in which to cook and serve Scalloped Oysters or anything which is best served in dish in which it is cooked. One can have two inner dishes and so keep one hot in oven ready to place in the ornamental receptacle when first one is empty, as Scalloped Oysters to be in their prime *must be hot*. Instead of this dish one can use two ordinary quart baking dishes, placing on the Knitted Cover when serving. Cream or milk



Ornamental Receptacle,

may be added instead of water, to liquor poured over the top, and some add with each layer a little of the liquid, as in this way it is all thoroughly moistened; a little powdered mace or grated nutmeg may be added if liked. and it is made richer by also pouring over the top a cup milk in which a well-beaten egg has been mixed. *Scalloped Clams* are prepared same way, first chopping them if preferred. To serve in *Scallop Shells*, drain all the liquor from a quart oysters in stewpan, boil and skim and add half pint cream or milk with which two tablespoons flour should first be mixed: boil two minutes.

and tablespoon butter, salt, pepper, little nutmeg and the oysters, and take from fire almost immediately; taste, and if needed add more seasoning. Have the shells buttered and sprinkled lightly with crumbs; nearly fill them with the prepared oysters and cover thickly with crumbs. Put shells in baking pan and bake fifteen minutes. Serve very hot on large platter garnished with parsley. This quantity will fill a dozen shells of ordinary size. *Clams* may be served same, chopping them and stewing a half hour in the cream. Some first fry a chopped onion light brown in butter, then add cream, etc., and after taking from fire add well-beaten yolks of eggs and put into shells as above. Shells are of tin, granite iron-ware, plated-silver and china.



Skewered Oysters.—Take metal skewers and place on each a half-dozen oysters alternately, with half dozen thin slices bacon, size of oysters. Put skewers between bars of buttered wire broiler, broil and serve one skewer to each person; or blanch oysters in two waters, and drain. Put in stewpan some chopped onions, mushrooms, and parsley, with butter and little flour; warm oysters in the mixture, and stir in yolks of eggs to make it firm enough to adhere to oysters. String oysters on silver skewers, about six on each, the sauce adhering to oysters and setting around them. Bread them and broil. Dish up on napkin.

Stuffed Oysters.—Grate yolks of three or four hard-boiled eggs, mix with them half as much fat salt pork or bacon, season with pepper and chopped parsley and add a raw egg to make a paste of mixture. Have ready a dozen of the largest oysters on a napkin, insert a penknife at the edge, split each up and down inside without making the opening very large, and push in a small teaspoon of the prepared force-meat. Double-bread them, using melted butter instead of egg, and broil over clear fire. For *Truffled Oysters*, prepare a force-meat by chopping and then pounding to a paste the breast of a cooked chicken with half as much fat salt pork, raw, adding a small can of truffles cut to size of pease and quarter pod red pepper, finely minced. Prepare and stuff oysters as above, roll them in flour, dip in beaten egg, and fry by placing in frying-basket immersing in hot fat three or four minutes, or until a golden brown. Drain, dust lightly with fine salt and serve on diamond-shaped pieces of toast, four oysters on each.

Oyster Fritters.—For a pint of oysters, sift pint flour with level teaspoonful salt, add yolk of egg, tablespoon salad oil quarter saltspoon pepper; and use enough strained liquor from oysters to make batter thick enough to drop. Beat white of an egg to stiff froth and mix this and the oysters lightly with batter and drop at once in large spoonfuls into frying kettle, half full of smoking hot fat. As a rule by the time fritter floats it is done. If there is not enough oyster liquor to make batter, add water, and some use two eggs instead of one yolk and chop oysters. Serve hot on napkin.

Oyster Patties.—Have ready some Patty Shells, see Pastry, and fill with oysters prepared as follows: Heat half pint cream to boiling, stir in tablespoon flour, made smooth with a little cold milk, and season with pepper, salt, and grated lemon rind, pounded mace, or any spice liked, with a beaten egg or two if wished. While this is cooking bring the oysters to a boil in their own liquor, skim carefully, then dip out oysters, put them in the hot cream, boil up once, and serve immediately in the patty shells. The above quantity will fill a dozen and a half shells. Some strain the oyster liquor and add to the cream with a little more thickening, and the oysters may be bearded and cut up if preferred, some even chopping them. They may also be dressed without cream using only their liquor with a little butter and thickening and the grated yolk of a hard-boiled egg, with seasoning to taste. Layer or Pyramid Shells may be used and with the latter, when adding the tops it is nice to place small sprigs of parsley between the shell and the tops. These are known as *Oyster Vol-au-Vents*. Or, line patty pans with puff paste, and put four or six oysters in each, according to size, with bits of butter and pepper and salt, sprinkle over a little flour and chopped hard-boiled eggs, allowing two eggs for six patties, cover with an upper crust and bake. May be served in the pans, or turned out and placed on platter. For *Fritter Patties*, cut a loaf of stale bread in slices an inch thick. With a cutter two inches and a half in diameter cut out as many pieces as patties wanted, and with an inch and a half cutter, press in center half through each piece. Put pieces in frying basket and plunge into boiling fat for half a minute. Take out, drain, and with a knife, remove the centers and take out soft bread; then fill with following mixture; put two tablespoons butter in frying-pan, and when hot, add one of flour. Stir until smooth and brown, add cup oyster liquor, boil one minute, and stir in one pint chopped oysters. Season with salt, pepper, and a little lemon juice. When hot, fill the crusts. Veal or any kind of meat or fish may be used with any kind of stock for the liquid.

Oyster Powder.—Beard fresh large oysters and place in vessel over fire a few moments to extract their juice; cool them and chop very fine with sifted biscuit or bread-crumbs, mace and finely minced lemon peel, then pound in mortar to a paste; shape into thin cakes, place on buttered paper and bake in slow oven until quite hard. Take out and pound them to a powder, which put in air-tight tin box and keep in dry place. Nice for flavoring fish, soups, stews and sauces.

Oyster Pie.—Butter a large dish, and spread a rich paste over the sides and around the edge, but not on the bottom; drain off part of liquor from oysters, put them in pan, and season with pepper, salt, spice and butter; have ready yolk of three hard-boiled eggs chopped fine, and grated bread-crumbs; pour the oysters

with enough of their liquor to moisten well, into the dish with the paste, strew over them the chopped eggs and grated bread, cover with the paste and bake in quick oven. Nice also, with gill of cream added, and a little flour. For a *Chicken and Oyster Pie*, parboil a chicken, cut up and place in baking dish, season and cover with a layer of oysters, season them with butter, pepper and salt, put two hard-boiled eggs, cut in slices, with piece of butter size of egg in center, sift flour over the whole, add a half pint milk, cover with the paste and bake three-quarters of an hour in moderate oven.

Oyster Roll.—Cut a round piece, say six inches across, from top of well-baked round loaf of bread, remove inside from loaf, leaving crust half an inch thick, break up crumbs very fine, and dry them slowly in an oven; then quickly fry three cups of them in two tablespoons butter, stirring all the time. As soon as they begin to look golden and are crisp they are done. Put quart cream on to heat, and when it boils stir in three tablespoons of flour, mixed with cup cold milk. Cook ten minutes, season well with salt and pepper; put a layer of this in the loaf, then a layer of oysters, which dredge well with salt and pepper; then another layer of sauce and one of fried crumbs. Continue this until the loaf is nearly full, having the last layer a thick one of crumbs. Three pints of oysters are required for this dish, and about three teaspoons of salt and half teaspoon pepper. Bake slowly half an hour. Serve on a fringed napkin with a garnish of parsley around the dish. Or to serve individually remove a slice from top of small rolls, scoop out the crumb and fill them with oysters slightly stewed with butter or cream, and some bread-crumbs; replace tops of leaves and bake till crisp. Glaze with beaten egg.

Oyster Stew.—Put oysters in stewpan with equal quantities water and juice, place over brisk fire, season with white pepper, bring to a boil, remove scum, add salt to taste, and pour into bowls with teaspoon butter in each. Cover bowls with plates and serve. A *Cream Stew* is made same way, adding cream instead of water. A *Stew With Celery* is made same as second recipe, adding a few stalks of celery cut up fine and a little mace. While cooking add teaspoon or two powdered cracker-dust and cup beef broth. Bring to a boil and pour in bowl lined with toast, well buttered and cut in half diamond shape. Or put in stewpan a pint each best beef broth and rich sweet cream; add four tablespoons choice butter, three teaspoons salt, two white pepper, two of ground mace and the cut celery, or, if this is not to be had, teaspoon celery extract; stir in sifted cracker-dust to thicken slightly and when cooked, pour the sauce over fifty fine oysters, previously parboiled in their own juice and placed in tureen. Serve very hot.

Oyster Toast.—Chop a dozen and a half good-sized oysters, season with white pepper and little nutmeg; boil half a pint cream, put in oysters, letboil up once, take from fire, add salt to taste, stir

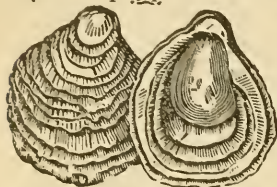
in well-beaten yolks of four eggs and pour over slices of buttered toast. Or beard and pound oysters in mortar to a paste, add a little cream, and season with pepper. Spread this on small slices of toast, and place for a few minutes in oven to heat. A little finely chopped lemon peel may be sprinkled upon the tops. *Oyster Cream Toast* is a nice way of using the liquor when oysters are fried; heat it and make a sauce by mixing over fire tablespoon each butter and flour until they bubble, then gradually stirring in the hot oyster liquor, adding if necessary a little boiling water to make a sauce of consistency of cream. Boil a minute or two, season with salt and white pepper and pour on slices of toast. For *Oyster Sandwiches*, cook oysters in a very little water with butter and salt to taste, and put a layer of them between two thin slices of dry toast, buttered slightly if wished. Oysters prepared in this way make a delicious *entree* to be sent to the table with game of any kind.

Oyster Vol-au-Vent.—Prepare the large vol-au-vent case as directed in Pastry. Scald a quart oysters in their own liquor, skim well, drain the oysters and return half pint of strained liquor to saucepan. Rub tablespoon flour smooth with two of butter and pour the hot oyster liquor over it; season well with pepper and salt and a very little nutmeg or mace, if liked; boil up once, add three tablespoons cream and the oysters, stir over the fire a minute, fill the vol-au-vent case, put on the cover and serve immediately. Beaten eggs may be added if wished richer.

Oysters and Macaroni.—Lay some stewed macaroni in a deep dish and put over it a thick layer of oysters, bearded, and seasoned with cayenne pepper and grated lemon rind. Add a small cup cream. Strew bread-crumbs over the top, and brown it in a pretty quick oven. Serve hot, with Piquant Sauce. Or have ready a third of a package macaroni, two dozen oysters, cup milk, an egg, tablespoon flour, pepper and salt; put the macaroni in boiling salted water, boil twenty minutes and drain dry; butter the bottom of three-pint baking dish, put in half the macaroni, strew oysters over it, and dot with butter, in small pieces, dredge with salt and pepper and cover with rest of macaroni; moisten the flour with a little milk, beat in the egg, then the rest of milk and oyster liquor, and pour in the dish and bake about twenty minutes or until set. Grated cheese, sprinkled between the layers of oysters and macaroni is a nice addition. If a larger dish is wanted, put in three layers each of oysters and macaroni, and some alternate also with layers of bread-crumbs, finishing with these on top. Scald the oyster liquor, strain, add sufficient milk to moisten the whole well and pour over the top, dot with bits of butter and bake about twenty minutes. Prepare *Chicken and Macaroni* same, first steaming chicken tender.

Oysters in the Shell.—Select large shell oysters. Wash shells until clean as polished marble. Place in dripping pan with round

shell down and set in hot oven twenty minutes. Do not remove top shell, but cook in both shells, and when done serve on upper part of shell instead of lower. Season highly with a bit of butter, cayenne pepper and teaspoon lemon juice. Or open shells with knife



Oyster Shells.

as directed, keeping deepest ones for use and loosen oysters entirely from shell, or they will draw to one side. Dredge fine bread-crumbs in shells, replace oysters, cover with bread-crumbs, and bake. When lightly browned, pour teaspoon melted butter over each, moistening crumbs well and dust with salt and pinch cayenne. It hastens the browning to have the bread dry. Serve four or five on a plate, with a quarter of lemon in center. Or having washed empty shells, place them in pan in very hot oven and when hot put in each a bit of butter and dust of pepper with a large oyster or several small ones; put pan in oven till edges curl, then take shells up on hot dish and serve at once. Some turn oysters over just before serving.

Scallops.—As sold in market scallops are generally ready for cooking; if bought in shell, boil and take out the muscular part or heart, as that is the only part used in cooking. For *Baked Scallops*, boil tender, drain add some White Sauce and place in buttered baking dish, covering the top with a layer of bread-crumbs and brown in oven.

Stewed Shrimps.—Put a pint shelled shrimps in stewpan with three-fourths pint stock, add thickening of butter and flour, season with salt, cayenne and nutmeg to taste and simmer gently three minutes. Serve garnished with croutons of fried bread. Or stew the shrimps in Cream Sauce. For *Curried Shrimps*, put half pound butter in stewpan, add three or four sliced onions and fry golden brown, then stir in two tablespoons more butter. Have tablespoon curry-powder warmed in oven and mix well with onions; add quart shelled shrimps and cook gently five or ten minutes, stirring often taking care not to let it get dry, adding more butter if needed. Salt to taste and add a little lemon juice and sugar just before serving. Serve boiled rice with it in separate dish. Nice for luncheon. For *Shrimp Pie*, to one quart shelled shrimps, add cup each vinegar and catsup and two tablespoons butter, season with salt and pepper, scald and pour in earthen dish, strew top with bread-crumbs and bake twenty minutes.

SOUPS.

"Once upon a time" soups were only made now and then among American housewives, but now most every dinner table has its soup two or three times a week, and many every day, which is as it should be, as soup is so nutritious, wholesome, palatable and economical that as an article of diet it should rank only second to bread, and to make it with flavors properly commingled, is an art which all should master; it requires study and practice, but it is surprising from what a scant allotment of material a delicate and appetizing dish may be produced, and there are enough scraps of bones, cooked and uncooked meats, trimmings of meats and vegetables in every household that would otherwise go to waste, to supply a nutritious soup for every day in the year, with only a slight expense for additional material. The best basis for soup is lean uncooked meat, *a pound of meat* (with the bone) *to a quart of water*, being a generally accepted rule to which may also be added chicken, turkey, or mutton bones well broken up; a mixture of beef, mutton and veal, with a bit of ham bone with meat all cut fine, makes a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup, although not adding any special nutriment to it. It is very essential that the meat be *perfectly fresh* as the least taint, or even if a little old, impairs the flavor of the soup, and the meat does not want to "hang," for the fresher it is the *better the soup*; it may be coarse and tough and refuse bits and scraps may be used if *fresh*, all comprising to make a dish of soup which will meet with favor from every one. There are two classes of soup, a thin or clear one and a thick or rich; the former precedes a heavier course of meats, etc., at dinner and refreshes one, acting as an appetizer for the rest of the meal;

while the latter with only a few additional dishes makes a very satisfactory and easily prepared dinner. Thick soups require more seasoning than thin ones and if wanted very delicate may be strained and should be about the consistency of cream while clear soups should be perfectly transparent. For all soups a *pinch of sugar* should always be added. The variety of soups is without limit, and by adding "here a little and there a little" one can produce a new and distinctive variety whenever wished; but the usual distinction given them is seven divisions; Clear, Fruit, Mixed, Plain, Thick, Vegetable and White Soups, and we give variety of the different kinds. Fruit Soups are made of any of the berries or larger fruits and are very delicious, served hot in winter or cold (iced) in summer; they are very easily prepared, and when made of the highly colored raspberry or strawberry and served, with a spoonful of whipped cream in each dish, they make an attractive, appetizing and elegant first course.

Seasoning Soups.—White Soups, mace, aromatic seeds, white pepper, cream, curry-powder, onion, potato, white turnip, celery, parsnip, salsify, rice, macaroni, etc., give the best desired results. In general soup many herbs, either fresh or dried, are used as seasoning, also different spices such as bay leaves, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, cloves, black pepper, essence of anchovy, lemon peel and juice, and orange juice, are all used. The latter imparts a finer flavor than the lemon, and the acid is much milder. Mushroom Catsup, Harvey's Sauce, Chili Sauce, and seasoning of different catsups and sauces may be combined in various proportions in an almost endless variety. Then there is cress-seed, parsley, common, lemon and orange thyme, knotted marjoram, sage, mint, winter savory and celery, or celery-seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable, and when used as a substitute, its flavor should be corrected by the addition of a pinch of sugar. Delicate flavors, such as aromatic spices, any fruit extracts, orange and lemon juice, etc., should be added just before serving, as their flavors are evaporated by the heat, and some only put them in the tureen or individual dishes and pour the soup over them. Bay leaf is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article, even by those who cannot tell wherein the difference consists. Of course there are many others, just as there are other flavors for ice-cream besides vanilla. One large bay leaf will flavor two gallons of soup, and only a small piece is wanted in a soup for a family dinner. Poached eggs are a nice addition to some soups. Poach them just before using, or drop them into the boiling soup. To shape them nicely, break one in a but-

tered cup and place cups in frying-pan, pouring water around and in the cups; when done take out carefully and add to soup. This is a nice way to cook them to be served alone, only bake them in oven and omit the water from the cup, putting a little salt and pepper on top of egg; bake three minutes and serve at once in the cups; or two or three eggs, well-beaten and added just before pouring in tureen, make a nice thickening. Cayenne pepper or a bit of red pepper pod, is considered an improvement in soup, but must be cautiously used. Force meat Balls, and Croutons, dice of fried or toasted bread, are also used. If soup is salted too highly, add a teaspoon sugar and a tablespoon vinegar, and it will help modify it.

Soup Stock.—This is to soup what yeast is to bread and although many soups are made as above, without any stock, yet when one has learned the art of making the latter she will always find herself ready to prepare a dish of delicious soup at almost a minutes' warning, and the mystery which seems to surround the simple word of "stock" will be unravelled with her first attempt. To make a *Plain Stock*, take in proportion of one pound meat and bones to one quart cold water, unless it is to be boiling seven or nine hours making a *Jelly Stock*, when add a little more water. It is better to cut the meat from the bones, cutting it in small pieces and breaking the bones fine, some indeed believe in crushing them almost to a powder and when so treated a little water must be added as they are being crushed, and they must then be placed in a sack. But simply breaking them, or rather having the butcher do it, is all that is necessary, as that allows the quicker freeing of the gelatine of which the bones are chiefly composed, two ounces of them containing as much gelatine as a pound of meat; so that when equal portions bones and meat are taken, the stock when cold will be a jelly, but if only meat is used and but little bone the stock will be liquid. Stock made only of bones lacks in flavor as they do not contain a particle of *osmazome* which is that part of the meat which gives flavor to the stock. The flesh of old animals contains more osmazome than that of young ones, and dark meats more than white, and make the stock more fragrant. By roasting meat the osmazome appears to acquire higher properties; so by putting the remains of roast meats into stock a better flavor is obtained. There is also contained in the meat, fibres, fat, and albumen; the fibres are inseparable and constitute almost all that remains of the meat after it has undergone a long boiling; most of the fat dissolves by cooking and the albumen is of the nature of the white of eggs; it can be dissolved only in cold or tepid water, and coagulates when it is put in water not quite at the boiling point. From this property in albumen, it is evident that if the meat is put into hot or boiling water or the water is made to boil up quickly afterward, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it remains in the meat, but in both it prevents the gelatine and osmazome from

dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire *that degree* of heat which congeals it before entirely dissolving it, for this reason the meat is better cut in small pieces.

The meat must be *fresh as possible* (the same as for soup) to obtain finest flavored stock, and should be cooked from three to eight hours; the shorter time making a *Liquid Stock* the latter a *Jelly Stock*. Cook very slowly, letting it heat gradually as the soaking of the meat in the cold water while it is being heated extracts the juice better and the latter mingles more perfectly and so gives a finer flavor, and for that reason, letting the meat stand an hour or so in the kettle of water before placing it on stove is recommended by some. The proportion of salt used in making stock is about one tablespoon, not more, to a gallon of water, being used for the purpose of separating the blood and slime from the meat; the latter will rise just as boiling commences, in the form of scum and should be removed immediately as the agitation of the water breaks it, and it will mingle speedily with the stock and make the latter cloudy; a dash of cold water added to kettle just as stock boils will assist the scum to rise, skim often, set back and let stock boil gently on one side or in one place, and not all over; "the pot should smile, not laugh," is a trite but true saying as rapid boiling hardens the fibre of the meat and the savory flavor escapes with the steam; the simmering also assists in clarifying and if gently cooked, stock will often be quite clear after straining. As regards *time of cooking*, if prepared and made as above the juices, etc., will be well extracted in two or three hours and the flavor is injured by too much cooking. If a *Jelly Stock* is wished cook the seven or nine hours. When any stock is done, strain carefully through a clean towel folded several times, and laid in a colander set over a stone crock or jar; never allow it to stand and cool in pot in which it was cooked, but always strain in the crock as directed. Do not squeeze towel through which it is strained—simply let the stock run through it, and let cool without covering, except with a sieve or cheese cloth cover—if it were covered with a plate, or any other covering which would confine the steam, it would be injured, because the steam condensing upon inside of cover would fall back into it, and, in warm weather, this might cause it to sour. Let it cool *quickly* as the sooner it is cold the *finer the flavor* and the longer it will keep. In cold weather it may be kept a week but in summer it will need thorough *scalding* every other day probably; letting it boil a few moments, not simply warming it, as that only causes it to sour more quickly. Before stock is first cooled some add salt till nicely seasoned, thinking it aids in the preservation of the stock. After it has cooled, letting it stand overnight is

best, remove the cake of grease that forms on top and then clarify, if necessary, as described hereafter; although as the cake assists in excluding the air it is well to let it remain on the stock till some of the latter is needed. If stock is wanted shortly after straining, add a little cold water and the grease will rise and can be readily skimmed off and then reheated. From this can be made all the various kinds of soups adding vegetables and flavoring as given in Making and Seasoning Soups. Where a Jelly Stock is made it is nice to put some in pint self-sealing glass cans, as it can be readily melted by placing can in hot water, and then poured in kettle and water, etc., added as needed. When the jelly is sliced off for use, after being kept in a crock, scrape off any sediment that may be at bottom. In using any stock, whatever is added in making the soup, as rice, tapioca, vegetables, etc., should first be cooked tender as much boiling injures the flavor of the stock and for that reason, the better way in making any Vegetable Soup, is to cook the vegetables tender in water, then add stock till as rich as wished and flavor and season as preferred. A *Complex Stock* is made of two or more kinds of meat, or fowl cooked together, and the flavor may be varied by using in it a little ham, anchovy, sausage, or a calf's foot. Sprigs of herbs, and whole spices may be used in seasoning, and afterwards strained out, and whole vegetables such as onions, turnips, carrots, tomatoes, etc., may be added when making stock after it has been skimmed, and cooked with it, skimming out before straining; but they cause it to sour much more quickly and unless to be used soon are not advisable. Turnips should certainly be omitted in summer as they will cause sourness quicker than any other vegetable. *White Stock* is made as Plain Stock using veal, poultry or any light meats. As some make with vegetables we give a recipe or two. *Fish Stock* for soup is made in the same manner as that of meat; a good rule being two pounds of beef or veal, or if plenty of fish omit the meat, any kinds of trimmings of White fish, cut up, when preparing them for table; put in two quarts cold water, skim and add two onions, bunch of sweet herbs, two carrots, and rind of half a lemon; simmer two hours, strain and finish as any stock. When a richer stock is wanted fry the vegetables and fish before adding the water. Fish Stock sours much more quickly than any other stock, so do not make long before wanted. Ironing and baking day is the best time for making all stock and in making a Complex Stock the Kitchen Queen may use any combination of meats, bones, etc., at command and with care, will have the foundation of a savory dish with which to tempt the appetites of her subjects, furnishing them with something in which every particle of nourishment in the ingredients used has been extracted; and they are at once refreshed almost as soon as one who depends upon his glass of wine as a stimulus. For *Economical Stock*, make of steak or roast beef bones

with the meat on them, after cooking, adding a little piece of fresh meat, or none at all, and allowing it to simmer at least five hours; strain, remove all fat the next day, and it will be ready for use. Or to a soup bone add any trimmings of fresh meat or poultry, roast beef bones, an onion stuck with eight or ten cloves, a turnip, two carrots, tablespoon salt, bunch of herbs as given in Meats, teaspoon sugar and cold water in proportion given. Let simmer gently and strain and finish as directed. For a *Medium Stock* take four pounds shin of beef or four of knuckle of veal or two pounds each with trimmings of poultry, etc., and quarter pound lean bacon or ham, with vegetables as above, adding half dozen stalks of celery, and a tomato or two gives a delicious flavor. Make as above or cut up meat and bacon or ham into two-inch squares; rub two tablespoons butter on bottom of kettle, add meat and other ingredients with half pint cold water; cover and cook till the bottom has become lined with a pale jelly-like substance; then add four quarts cold water, skim as needed and simmer gently four or five hours and finish as above. For a *Rich Stock* take four pounds each shin of beef and knuckle of veal, half pound lean ham or a ham bone and a calf's foot, with the vegetables given above, or not, as wished. For a *White Stock*, cut up five pounds shin of veal and one chicken, put in pot with the bone and a gallon and a half water. Some fry the meat in the pot with a little butter fifteen or twenty minutes before adding water. Skim as directed, then simmer two or three hours, add three stalks celery, one onion, white turnip, blade mace and any other vegetables wished that are given in the list used in White Stock or Soup. The chicken can be omitted, but veal, chicken, fish, oysters, etc., either singly or two or more combined always form the basis of above.

Clarifying Stock.—To clarify a gallon of stock, take whites and shells of two or three eggs with tablespoon cold water to each egg; break up shells and beat with the whites and cold water, place in saucepan, pour the cold stock upon them, set over fire, and let slowly reach boiling point, stirring it four or five times to loosen the egg from the bottom; as it boils the egg will harden and rise to surface in a thick scum. When stock appears quite clear under the scum pour it very gently into a folded towel laid in a colander, which must be set over a large bowl, and allow it to run through the towel without squeezing it. This clarified stock is also called *Clear Soup* or *Consomme*.

Almond Soup.—Boil four pounds beef, or veal, and half a neck of mutton, gently in water to cover till stock is strong and meat very tender; strain, and set it on fire, adding ingredients in proportion of half pound vermicelli, four blades mace, and six cloves, to two quarts stock. Let it boil till it has the flavor of the spices. Have ready half pound almonds, blanched and pounded very fine, yolks

of six eggs boiled hard ; mixing the almonds, whilst pounding, with a little of the soup, lest the former should grow oily ; pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let soup be cool while adding above and stir till perfectly smooth. Just before serving add gill thick cream. Or take a quart of jellied White Stock ; let heat and add to it water if needed, and a pint of cream made hot in custard kettle flavored with rind of a lemon. Add the almonds and a thickening of two tablespoons butter and three of flour, with a seasoning of salt and pepper and a little mace. Let cook twenty minutes, and serve.

Apple Soup.—Peel, quarter and core about two pounds good cooking apples and stew gently in three quarts stock till tender ; rub all through a puree sieve, add six cloves, white pepper, cayenne and ginger to taste, boil up once and serve. Or slice half dozen pared apples and cook till tender in a very little water adding tea-cup sugar and juice of one lemon ; take off and let cool. Slice twelve apples and put into two quarts water with third of a pound each currants and seeded raisins and cook till soft, add cup sugar and strain through a cloth or puree sieve ; pour this over the cooked sliced apples, adding juice of another lemon, if wished, and serve when cold, with a piece of ice in each dish. Or *With Dried Apples*, to three quarts water add cup prunes or part raisins ; cook an hour, add cup dried apples, soaked if necessary, two tablespoons sago and a small stick cinnamon ; when apples are tender, in about an hour, add juice of one lemon, or slices of a pared lemon ; sweeten to taste and serve hot in winter or iced in summer. Corn-starch may be used instead of the sago, adding it just before serving ; if too thick add water till consistency of good cream. Can be made same with fresh apples, and is a delicious soup with either.

Amber Soup.—Slice a medium-sized onion, carrot and half a white turnip and fry with some ham or salt pork, cut in dice, fifteen minutes ; put in soup kettle, add a bunch of sweet herbs and a gallon of any stock made without vegetables. Cook three-quarters of an hour, strain, clarify, reheat, add teaspoon Caramel, season to taste and serve.

Asparagus Soup.—Boil a pint and a half split pease two hours, rub through sieve and add cup stock, stew half pint asparagus, cut small, in three quarts water with four young onions, a head of lettuce, shredded, and half head cut celery till tender, then put all together, stew a few minutes, add half pint cream and little Spinach Coloring and serve. Green Pease may be used same way.

Barley Soup.—Put into a pot two pounds shin of beef, quarter pound pearled barley, large bunch parsley, four onions, six potatoes, salt and pepper to taste and four quarts water. Simmer gently four hours, rub through sieve, boil up once and serve. For *Cream of Barley Soup*, put a cup pearled barley with an onion and small

piece each of mace and cinnamon in three pints of chicken stock and cook slowly for four or five hours; rub through a sieve and add one and a half pints of boiling cream or milk.

Bouillon.—Put a three or four pound soup bone, selecting one with plenty of meat, in four quarts of cold water with level tablespoon salt; let come to a boil, skim thoroughly; then add one whole medium-sized turnip and onion pared, with latter stuck with half dozen cloves; a scraped carrot and a Bunch of Herbs as given in meats; or it may be composed of parsley, small stalk of celery, half a bay leaf, blade mace and five pepper-corns (if pepper is used); or the bunch may be omitted entirely, or use only parsley. But all these little seasonings add greatly to the flavor and when one becomes accustomed to keep them on hand, the expense and extra trouble are comparatively nothing. Let cook three hours, if cooked too long it will not be so clear; and the bone can be recooked, so it is fully as economical, and secures better results. Strain and set away, without covering, excepting with a thin cloth. When wanted for use remove fat, heat and strain; then reheat. This second straining generally prevents necessity of clarifying, but if cloudy, clarify as directed. This gives Plain Bouillon to which add Caramel till of color desired, as the more added the deeper the shade, but too high a flavor does not want to be given. When making it just for the Bouillon, for three pints of latter put tablespoon sugar in frying pan and let brown, stirring all the time. Then add gradually cup of the bouillon or water, as if added all at once it would boil over; cook a few moments, and add to kettle; if any sugar is left in pan add a little more bouillon, cook a moment or two and add. Serve very hot in bouillon cups. For *Philadelphia Bouillon* add to the soup bone a chicken, a pound of shin of veal and a small slice ham; if the meat is cut from bone, in order to break the latter up, place bones in kettle first then put the meat on them, fry the whole onion in little ham fat add with other ingredients and cook four hours. True Bouillon is served as above for company dinners, receptions, and evening parties, and should be used at many a home dinner; but additions may be made to it and one of the nicest is the *Swedish Dumplings*, rub tablespoon butter with two (heaping) of flour, smoothly in saucepan over the fire, add pinch salt, pint cream, or pint cream and milk, and stir till thick as mush, add two teaspoons sugar, and tablespoon grated almonds or cocoa-nut; remove from stove and add beaten yolks of two eggs. After dishing bouillon place a spoonful or two in each cup; or a slice of lemon or yolk of a hard-boiled egg and serve. Or sago, tapioca, macaroni, or vermicelli may be added, cooking them first, or a poached egg to each cup. Some like the addition of a few cooked tomatoes, which give a delicious flavor. Bouillon will keep for several days in cool weather, so one can vary the soup each day.

Cauliflower Soup.—Boil the cauliflowers, picked in small pieces, in salted water about half an hour; wash half of it, and put that in three pints White Stock or the clear broth from cooking an old chicken, in either of which a tablespoon of minced onion has been cooked fifteen minutes; add pint of boiled rich milk, season with white pepper, and a blade of mace, add a little thickening if necessary; then add tablespoon butter and the whole pieces of cauliflower with a tablespoon minced parsley. Boil up once and serve. About a cup of cauliflower is needed and that left from a meal may be used. Some add a speck of cayenne.

Celery Soup.—Wash and scrape a head of celery well cut into small pieces, put in pint boiling salted water and cook till very soft; chop an onion, boil in quart milk ten minutes and add all to celery; rub through sieve, boil again, add tablespoon each butter and flour that have been stirred together over fire, and stir until smooth and well cooked; add pepper and salt to taste and serve, straining again if not perfectly smooth. Or cut nice stalks celery fine and boil in water seasoned with salt, nutmeg and sugar to taste till tender, rub through sieve, put pulp in half pint strong stock, simmer half an hour, add pint cream, bring to boiling point and serve. If a brown soup is wanted omit cream and use all stock, adding a little Caramel Coloring.

Chicken Soup.—Cut meat of one chicken into small pieces, except the breast, and break the bones. Place bones and meat in kettle with breast on top and cover with cold water, cook three or four hours, skimming well, and remove the breast as soon as tender; strain and to three pints stock add three tablespoons cooked rice, the breast cut in dice, tablespoon minced parsley, and salt and white pepper to taste. Cook fifteen minutes and serve. Some cook a half pound or so of round steak, cut in dice, with chicken and bones; or add three carrots cut up, pint of tomatoes, teacup of lima beans, and salt to taste and pinch cayenne pepper, and simmer four hours. An hour before serving add pint rich milk; add thickening if needed and serve. An old chicken is best as it gives a richer, finer flavor.

Cocoa-nut Soup.—Simmer six ounces grated cocoa-nut one hour in two quarts veal stock keeping closely covered; strain carefully, add gill hot cream, seasoning of salt, white pepper, and a little mace if liked, and thicken with three scant tablespoons rice flour, stirred smooth in little cold milk; boil one minute and serve. Wheat flour may be used if rice flour is not at hand.

Corn Soup.—Cook together three pints White Stock and pint of grated sweet corn twenty minutes, then add pint each of cream and milk with tablespoon butter, little minced parsley, and a smooth thickening of flour and water if

needed. Season to taste and serve. Or for *Meatless Corn Soup*, grate twelve ears sweet corn, and put cobs into kettle with cold water enough to cover, and boil one hour; then skim out cobs and add grated corn, with teacup boiling water, and boil half an hour. Add quart of milk, or part cream and milk, salt and pepper, and boil for ten minutes. Put in piece of butter size of an egg, set kettle on back of stove and add three well-beaten eggs, stir rapidly for five minutes, and serve immediately with croutons, or with crackers. Some add Buckeye Dumplings, boil fifteen minutes and serve. For *Corn Chowder*, cut half a pound of pork in slices, and fry brown, then take up, and fry two medium-sized onions in the fat. Put quart sliced potatoes and three pints grated or cut corn into kettle in layers, sprinkling each layer with salt, pepper and flour, using saltspoon pepper, two tablespoons salt and five of flour. Strain onions and fat over vegetables, and with a spoon press the juice through strainer; then slowly pour three pints boiling water through strainer, rubbing as much onion through as possible. Cover kettle, and boil gently half an hour. Mix two tablespoons of corn-starch with a little milk, and when perfectly smooth, add quart rich milk. Stir this into the boiling chowder. Taste to see if seasoned enough, and if not, add more pepper and salt. Then add half dozen crackers, split, buttered and dipped for a minute in cold water. Put on cover, boil up once, and serve.

Cream Soup.—Stir over the fire two tablespoons butter and three of flour in saucepan till smooth, add boiled milk, a half cup at a time, till three pints have been used, half milk and water may be used, or for a richer soup, use half cream and milk; season with white pepper, salt, and pinch nutmeg. Serve with croutons added a moment before dishing. For *Cream of Beets* add a puree of beets made by rubbing well-cooked beets through a fine sieve with a potato masher. *Cream of Spinach, Asparagus, Celery, Pease, etc.*, are made in same way. The quantity of pulp can be varied to suit the taste. For *Cream of Salmon*, rub through puree sieve three-quarters of a pint boiled Salmon, canned may be used without cooking, and add as above.

Cucumber Soup.—Pare one large cucumber, quarter and take out seeds; cut it in thin slices, put them on plate with little salt, to draw water from them; drain, and put in saucepan, with butter. When warmed through, without being browned, pour quart stock on them. Add a little sorrel, chervil, and seasoning, and boil forty minutes. Mix well-beaten yolks of two eggs with gill cream, which add just before serving.

Flemish Soup.—Slice five onions, ten stalks celery, and ten medium-sized potatoes, and put them with three tablespoons butter and half pint water in stewpan, and simmer for an hour. Then add

two quarts Plain Stock and cook gently till potatoes are done. Rub all through a sieve, add half pint boiled cream and serve at once.

Fruit Soup.—This soup is a general favorite and as it is so very easily made one with little experience can attempt it. There are two divisions the clear and the thick, the latter being made by using the pulp of the fruit. Take any fresh fruit, pie-plant, strawberries, gooseberries, currants, cherries, wild plums, raspberries, etc., and add water and cook till all juice is extracted; for a clear soup, strain and take amount of juice wished, adding more water, if necessary, till a pleasant flavor, boil, skim, and to three pints liquid add tablespoon corn-starch mixed smooth with a little water, sweeten to taste, boil a moment and serve cold in summer, with a lump of ice and tablespoon sweetened whipped cream in each dish, or bouillon cup, and hot in winter, omitting cream. Part currants and raspberries may be used together, or any harmonious combination of fruit or the juices; as canned juice can be used and any of the Shrubs are especially delicious. For *Raspberry Soup*, add water to Raspberry Shrub till of a pleasant flavor, then finish as above without sweetening. The vinegar already used in the shrub imparts just enough of the acid flavor wished. When using any fresh fruit or canned juice, a little lemon or currant juice may be added to the sweeter fruits, adding the lemon just before removing soup from fire, and a little orange juice to *Strawberry Soup* made as above gives a richer flavor. A very elaborate recipe is to pick and wash two quarts strawberries and rub, without cooking, through a puree sieve adding water to the pulp till consistency of cream, sweeten to taste and add gill orange, and third of a gill lemon juice. When cold, ice and serve with a few whole berries, which have been standing in sugar an hour or two, and a spoonful of whipped cream in each dish. For *Cherry Soup*, cook cherries in water, sweeten to taste, flavor with teaspoon vanilla and serve hot, without straining if wished. A richer soup is made by stoning half peck cherries, boil till soft in water with a stick cinnamon and sugar; add water till of a pleasant flavor, rub through a puree sieve, reserving a few of them whole; crack half the stones, take out kernels, boil them, adding little sugar, rub through sieve or pound to a paste and add to soup and flavor as in second recipe of Strawberry Soup. Let cool and serve iced with some of the reserved whole cherries in each dish. Make *Apricot Soup* in same way cutting half of apricots in slices, sprinkling with sugar and letting stand while the other half is cooking. Add apricot kernel paste as above, flavoring with pineapple juice, add reserved slices and serve iced. *Blackberry Soup* is made as Raspberry, and one can always make a delicious soup from any fruit, juice or shrub at command and should not fail to try it, as it makes such a refreshing first course at dinner in summer; or is delicious served *a la bouillon* for luncheon or an evening company. Croutons are nice added to fruit soups just before serving if to be

Onion Soup.—Slice thin five or six medium-sized onions and fry brown in tablespoon butter, add two or three tablespoons flour, or rice flour makes it more delicate, and when latter is browned add slowly pint and a half boiling water, and a bunch of sweet herbs as given in Bouillon; let boil up and then place on back of stove and simmer slowly an hour and a half. Then add three pints boiling milk or part cream, and four tablespoons mashed potato, mixed with a little milk or cream till smooth and rather thin. Let boil few minutes. Season to taste, adding teaspoon sugar and half pint of Croutons and serve hot.

Oyster Soup.—Put one quart stock, White Stock is nicest, in kettle, or water may be used; add oyster liquor from quart of oysters, having drained latter in colander, pouring over them a half pint of the hot stock; skim if necessary, put in oysters, let just come to a boil, set on back of range, stir in half cup crushed oyster crackers, three tablespoons butter, salt and white pepper to taste, and then quart milk, which has been boiled in custard kettle; or the milk may be placed in tureen and the soup poured over. Some sprinkle a little minced parsley over just before scalding. If wished very nice, the oysters may be first scalded in their liquor, taken out and bearded and placed in tureen. To a pint of stock add the beards and strained liquor and simmer half an hour; strain, add three pints of stock, let come to boiling point, season as above, add half pint boiling cream, pour over oysters and serve at once. By cooking the beards a stronger flavor is procured and the oysters are more delicate without them. For *Mock Oyster Soup*, take one teacup codfish, cut in half-inch squares. Freshen by covering with cold water, let it come to a boil, then pour off and add cup water, quart sweet milk, cup sweet cream, tablespoon corn-starch, stirred smooth in a little cold milk, lump of butter size of an egg, pepper, and salt to taste. Serve with crackers or toast.

Pea Soup.—Cook pint of peas till tender in two quarts boiling water, add two tablespoons butter, salt, white pepper and half pint cream or rich milk, tablespoon minced parsley and teaspoon sugar with a little thickening of corn-starch. Place on back of stove and add beaten yolks of one or two eggs and serve. *With Carrots*, add with the pease, half pint carrots cut in thin slices, as for Julienne Soup, and a pint more water and finish as above. *With Spinach*, add to pease one pint spinach prepared as for cooking; or for a *Triple Soup*, use all three vegetables with three quarts water and finish as above. To make richer use Plain Bouillon instead of the water. *With Onions*, boil pint shelled pease tender, with a bunch parsley and two young onions in a very little water; rub through sieve and add two quarts any stock; let it come just to boiling point and serve, as if boiled after the puree is added it is not of as fine color.

Tomato Soup.—Clear tomato soup should be as bright as wine, not highly colored or highly flavored, but thoroughly good, and should never be made until really wanted, as freshness of flavor is a matter of first importance. Prepare stock from leg of beef; that from bones and odd pieces will not do for this soup; it must be strong and of a clear golden-brown color and without a particle of grease; such as may be secured by stewing about six pounds of leg of beef slowly for one or two hours in three quarts of water; then pour off the stock, let stand till cold and the meat may be put on again to make a second stock for other purposes. To about three pints of this stock add from eight to twelve ripe tomatoes, according to size, cut in slices, or canned tomatoes may be used, one medium-sized onion, sliced, and a few slices of carrot and turnip; boil half an hour and then strain off, taking care not to press any of the vegetables, which must not be over-cooked. To the clear soup add tablespoon of sugar and vinegar, one of Worcester sauce, and a little cayenne. If soup is not clear and bright, strain it through a folded towel in colander. *With Rice*, to two quarts stock add pint fresh or canned tomatoes, and cup boiled rice. Cook slowly half an hour and season to taste. Other vegetables may first be added, cooking an hour, then adding as above.

Vegetable Soup.—Slice cabbage, carrots, turnips, parsnips, and cook as above, always remembering to have water or stock boiling in which vegetables are placed; when tender add stewed tomatoes rubbed through a sieve or not as wished; whenever tomatoes are used in any soup it is a very great improvement to first stew them either fresh or canned, seasoning with butter, salt and pepper; this makes a little more trouble but the soup is very much finer flavored. When done, if soup is wished richer add any stock on hand till flavored as wished, boil up once and serve. Cooking the vegetables tender in water is more economical than using stock as in adding latter at last, only a small quantity need be used to produce required flavor; or re-cooking a soup bone adding vegetables as soon as it boils makes a nice soup.

Balls for Soup.—There are many different articles served in soup besides those given, such as fancy letters, stars, triangles, etc., which may be purchased, and also the French Paste which comes in squares in little boxes. This is used more for coloring and flavoring; place in tureen and pour soup over it, stirring as soup is served. Among the different balls used are the *Egg Balls*, mix raw egg with just enough flour or corn-starch to make into round balls, then drop into soup and boil ten minutes. A little milk, a teaspoon to one egg, is an improvement; also a sprinkle of salt. Or for two quarts soup make balls by boiling one egg hard; put yolk of it in a bowl, pound to a paste and break in a raw egg yolk, add a dust cayenne pepper, tablespoon salad oil, saltspoon salt, and flour to

roll into balls with the hands about a teaspoon. Put dry flour on both hands, use saltspoon of mixture, or make a long roll and cut off ends and make into balls; have deep saucepan half full of boiling water, put in egg balls and let them boil till they come to top, then take out with strainer, put in soup when ready to serve, or some cook them in soup. They are also nice served with other dishes; or to yolks of three eggs use one raw yolk and omit the salad oil. Some use the raw white of the egg rather than yolk and also carefully fry brown in butter or any nice fat; then place in tureen and pour over the soup. For *Farina Balls*, boil quart milk in custard kettle, add salt and tablespoon butter, and thicken with farina. Cook well, and when cold stir one whole egg and one yolk through the mixture. Make into balls or shape with spoon, and drop in the boiling soup just before serving. For *Force-meat Balls*, add to pound chopped beef one egg, a small lump butter, a cup or less of bread-crumbs; season with salt and pepper, and moisten with the water from stewed meat; make in balls and fry brown; or take slices of raw veal and a little salt pork, and chop very fine with a slice of wheat bread. Season highly with pepper, salt, tomato catsup, and chopped lemon peel, moisten with two well-beaten eggs, and roll into balls as large as a walnut, with floured hands. Fry the balls in butter to a dark brown, and let them cool; turn into the soup and boil about ten minutes. Or for *Veal Balls* take half pint each minced cooked veal and bread-crumbs with half gill chopped suet seasoned with salt, pepper and any sweet herbs liked. Add beaten egg sufficient to make into balls and fry brown. These are used for the richer soups such as Calf's-head, etc. For *Force-meat Balls for Fish Soups*, pick meat from the shell of the lobster, and pound it, with the soft parts, in a bowl; add six stalks boiled celery, the yolk of a hard-boiled egg, salt, cayenne and little mace, and gill or more of bread-crumbs. Continue pounding till the whole is well mixed; melt two tablespoons butter and add with two well-beaten eggs; make into balls about an inch in diameter, and fry brown. Place in tureen, add soup and serve. Some add half an anchovy, pounded. For *German Balls*, mix together butter and cracker-crumbs into a firm round ball and drop into soup a short time before serving. These are especially nice for Chicken Soup. Putting slices of lemon and hard-boiled eggs in tureen and adding soup makes a dainty dish, and where the eggs are not sliced, but simply the whole boiled yolk used it is certainly "fit to set before the king."

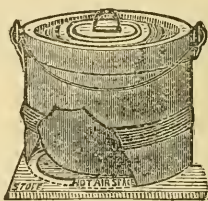
Croutons.—These are different shapes of bread, without crust, cut and fried or toasted. For *Soups*, cut in dice about third of an inch square or even less and fry in butter in frying-pan or in a kettle of smoking-hot fat like fritters till a golden brown, drain and add to tureen or put a spoonful in each dish and add soup. Some simply toast the bread, then cut it; or butter or not as wished, cut and toast in oven, serving as above. Crackers crisped in oven are

nice for Oyster soup. *For Entrees*, cut bread in heart-shaped pieces about two inches long and half an inch thick and fry or toast as above. *For Vegetables*, cut in triangular pieces one and a half inches long, same thickness and fry as above.

Dumplings.—These are a nice addition to soups and are made in many ways, but however made, a little cold water should be added to soup to stop the boiling just before they are put in (there are one or two exceptions) and then the soup must not cease boiling for at least ten or fifteen minutes when they will be done; it is also very important the cover fits closely that steam does not escape. For *Buckeye Dumplings*, take half pint sweet milk, two eggs, and enough flour to make stiff batter; drop off spoon into the soup and cook ten minutes. For *Marrow Dumplings*, which are very delicate and can be varied in seasoning to suit any soup, beat one ounce uncooked marrow and tablespoon butter to a cream; add two well-beaten eggs and half pint bread-crumbs which should previously well be soaked in boiling milk, strained, and beaten up with a fork. When well mixed add teaspoon each minced parsley and onion with salt, pepper and grated nutmeg to taste, omitting the minced onions where the flavor is very much disliked, and form the mixture into small round dumplings. Drop these into boiling soup and let them simmer for about half an hour. Serve in soup and they are also very nice with roast meats or salad. Grated lemon peel and mace make a nice seasoning and they are ready to serve as soon as they rise to surface; butter may be omitted if wished. For *Suet Dumplings*, take pint and a half flour, two thirds of a pint beef suet, half teaspoon baking powder, saltspoon salt, half pint of cold water. Mix in a large bowl, the suet, finely chopped, and flour; add to this the baking powder and salt and knead into a dry dough with the water. Divide this dough in small pieces, roll each piece in a little ball and throw them one by one into the boiling soup twenty minutes before serving. The dropping of balls cools the boiling soup and care should therefore be taken to wait an instant between the putting in of each one that the liquid may boil up, otherwise the balls will burst apart. This is one of the exceptions to general rule. For *Sussex Dumplings*, mix quart flour with half pint water and little salt making a smooth paste; form into balls and drop in soup. For *Quick Dumplings*, take pint of flour, measured before sifting; half teaspoon soda, teaspoon cream tartar, one of sugar and half of salt, and mix thoroughly, sifting once or twice, and a teacup milk. Sprinkle a little flour on board. Turn the dough (which should have been stirred into a smooth ball with a spoon) on it, roll half inch thick, cut into small cakes, and cook ten minutes, and when these are added to soup have it boiling. Light biscuit dough makes nice dumplings and when used roll thin, cut and roll into balls and finish as directed, although some prefer to steam them and then place in tureen and pour soup over them.

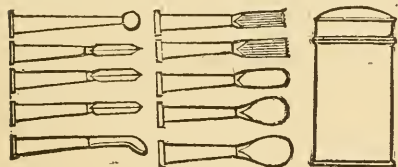
VEGETABLES.

All vegetables are better cooked in soft water, provided it is clean and pure; if hard water is used, put in small pinch of soda. The water should be freshly drawn, and should only be put over fire in time to reach the *boiling point* before the hour for putting in vegetables, as standing and long boiling frees the gases and renders the water insipid. The *fresher* all vegetables are, the more wholesome. After being washed thoroughly, put them in the *boiling* water using only enough to cook them, as when much is to be drained off some of the sweetness of the vegetables is lost. If they are fresh they will not need to be placed in cold water before cooking; but if not so, then let stand half an hour in it, but some of the flavor is thereby lost. Keep water boiling all the time, and if more has to be added, let it be boiling; do not cook too long, only till *tender*, as too long cooking is very injurious. This is true of all vegetables; they must be *thoroughly* done, that is cooked tender, one can easily test them, and should then be served at once. Where there is danger from burning, the kettle illustrated is of great service. It is very nice for spinach, etc., where it is cooked without water. While all are best fresh, green corn and pease must be so to be in their prime. The proportion of salt in cooking vegetables is a heaping tablespoon to every gallon of water, added when half done; after vegetables are added, press down with a wooden spoon, skim when necessary, and for green vegetables, such as asparagus, pease, beans, etc., do not put cover on the kettle or saucepan. If one is very particular about preserving their color; when done, drain and place in cold salted water a moment or two or till



Vegetable Kettle.

ready to use, then reheat, season and serve. Sometimes pease, beans, etc., do not boil easily and it has usually been imputed to the coldness of the season, or the rains. This peculiar notion is erroneous. The difficulty of boiling them soft arises from an excess of gypsum imbibed during their growth. To correct this, throw a small quantity of carbonate of soda (common baking soda) in the pot with the vegetables. For keeping vegetables fresh for present use, see Keeping Fruits and Vegetables. Never split onions, turnips and carrots, but slice them in rings cut across the fiber, as they thus cook tender much quicker. If the home garden furnishes the supply of pease, spinach, green beans, asparagus, etc., pick them in the morning early, when the dew is on, and put them in a clean cool place, near ice if possible. A piece of red pepper the size of finger nail, dropped into meat or vegetables when first beginning to cook, will aid greatly in killing the unpleasant odor. Remember this for boiled cabbage, green beans, onions, mutton and chicken. All vegetables should be thoroughly cooked, and require a longer time late in their season. Cabbage, potatoes, carrots, turnips, parsnips, onions and beets are injured for some by being boiled with fresh meat, and they also in-



Vegetable Cutters.

jure the flavor of the meat. In cutting vegetables in fancy shapes a set of vegetable cutters that come nicely packed in a box are very convenient. The "regulation" greens such as dandelions,

spinach, sorrel, horseradish and beet tops, mustard, borage, chicory, and corn salad are sometimes cooked alone and sometimes with salt pork as preferred. In preparing them, first wash them leaf by leaf in warm water, rather more than tepid, having a dish of cold water to place them in immediately. The warm water more certainly cleans the leaf and does not destroy the crispness if they are placed *at once* in cold water with a little salt in it. But whether washed in warm water or cold water, take them leaf by leaf, breaking the heads off, not cutting them, and they will often need two or three waters as they are sometimes quite sandy. To guard against insects some put a little salt, tablespoon to a quart, in the water in which they are washed, using cold water for this. Steaming is a very easy and satisfactory way in which to cook most vegetables, especially those of a watery nature and many prefer it to boiling.

The patent steamers are very convenient as two or more vegetables can be steamed at once without the mingling of flavors. These are some of the general suggestions for cooking vegetables, but as there are so many individual ones, each recipe will be a law unto itself.

Artichokes.—There are two varieties; the Jerusalem, resembling potatoes, which scrape, placing at once in cold, salted water to which a half gill vinegar has been added; when ready to cook in boiling water do not quite cover and boil till tender, about half an hour, salting just before they are done. Drain and pour over a sauce made by browning in frying pan three tablespoons butter and one of flour, adding half pint vinegar, a little salt, speck cayenne, half teaspoon sugar and boiling up once. For the Cardoon Artichoke in which the tops are what are used, wash artichokes well in several waters; see that no insects remain about them, and trim away leaves at bottom. Cut off stems and put tops in boiling water, to which have been added tablespoon salt and pinch soda. Keep saucepan uncovered, and let boil quickly until tender; ascertain when they are done by thrusting a fork in them, or by trying if the leaves can be easily removed. Take them out, let them drain for a minute or two, and serve in a napkin, or with a little white Sauce poured over. A tureen of melted butter should accompany them. This vegetable, unlike any other, is better for being gathered two or three days; but they must be well washed and soaked previous to dressing.

Asparagus.—In gathering asparagus, never cut it off but snap or break it; in this way the white, woody part, which no boiling can make tender, is left in ground. Cook as Asparagus Toast on page 51. For *Asparagus Pudding*, boil tender the green tops of two bunches of asparagus, let cool and cut up small. Beat together four eggs and tablespoon butter; add three of flour, cup milk, and the asparagus, with a seasoning of salt and pepper and some add a tablespoon finely minced boiled ham; put in a well greased mold with a top, and cook in a pot of boiling water nearly two hours. Turn out on a dish and pour a cup of brown butter over it. *Pease Pudding* made same with green pease. For *Asparagus Sauce*, cut a pint of asparagus in half inch pieces, boil tender, rub through sieve and add veal gravy mixed with yolks of eggs and a little salt and cayenne.

Beans.—Put on string beans in boiling water and after cooking an hour add a half pound of salt pork and cook three hours; add a little thickening if needed, and serve with Steamed Corn Bread, page 30. For *Beans, French Style*, choose small young beans, strip off ends and stalks, throwing them into cold water, wash and drain well, boil in salted boiling water in a large saucepan; drain, put in a

a large saucepan ; drain, put in them a clean saucepan and shake over the fire until they are quite hot and dry ; add three tablespoons of butter, one tablespoon of veal or chicken broth, season with white pepper, salt and juice of half a lemon, stir well ; serve. To preserve color cook *String Beans* as follows : Take strings off small young beans, wash cut in slivers by holding knife in diagonal shape, placing quite a lot of beans in a pile. Cook till tender, drain and place in cold salted water till time to use when heat quickly, with salt, pepper and butter or any nice dressing wished. If for salad do not re-heat. For *Shelled Beans*, boil half an hour in water to cover, and dress as in first recipe for String Beans ; or when almost tender drain and put in saucepan with cup any stock, small bunch herbs and teaspoon sugar ; stew till perfectly tender and then add beaten yolk of one egg with gill cream and when hot serve.

Beets.—Wash, boil and skin white or red beets ; slice and cut in small squares to one pint add one pint of milk, two eggs well beaten a little salt and pepper ; put in buttered baking dish and bake till custard is firm, fifteen or twenty minutes. Beets are especially valuable as an article of food on account of the sugar they contain. When they are used for a salad such as the Russian, after skinning cut in slices an inch thick, take the small apple corer, cut out the cylinder shaped pieces and prepare with the other vegetables.

Boiled Cabbage.—Wash, take off decayed leaves, cut in rather small pieces and put in boiling salted water ; do not have kettle more than half full of cabbage and keep water boiling rapidly all the time till tender, which can be tested by trying the thick part nearest the stalk. It will not take over fifteen or twenty minutes for new cabbage and about thirty or forty for old. The cause of the strong odor from cooking cabbage is from cooking too long, as in that case the oil begins to escape from it. The flavor is also injured by too long cooking as after vegetables of all kind are tender the water begins to penetrate them and they should be served at once. Drain and serve by itself or with a Vinegar, Drawn Butter, Cream or White Sauce poured over it. Some only cut in halves or quarters and tie in netting or thin muslin. For *Royal Cabbage*, cook in quarters in boiling salted water with a small pinch soda, for seven minutes, skim out and place in another saucepan of boiling water ten minutes, then skim out into first saucepan with fresh boiling water and cook ten minutes or till tender ; drain and serve on slices of toast dipped in melted butter and over all pour a Cream Dressing. For *Spiced Cabbage*, trim and wash a medium-sized head and shave in rather thin slices, put in a saucepan heaping tablespoon of cold drippings or butter, the same of sugar, half cup vinegar, teaspoon each whole cloves, pepper-corns and salt ; put in cabbage, cover with lid and cook very slowly for three-quarters of an hour or till tender, on back

of stove. Every fifteen minutes stir cabbage so as to put uncooked parts to the bottom. Serve on a platter with a piece of Braised Meat on it, moistening the cabbage with a little of the broth from the cooked meat. For *Cabbage Pudding*, boil a firm, white cabbage fifteen minutes, changing water then for more from the boiling tea-kettle; when tender, drain and set aside till perfectly cold; chop fine, and add two beaten eggs, a tablespoon of butter, three of very rich milk or cream, pepper and salt. Stir all well together, and bake in a buttered pudding dish until brown; serve *hot*. This dish is digestible and palatable, much resembling cauliflower. For *Brussels Sprouts*, soak in water a short time, and wash clean, boil in salted water and when done, strain and fry in a tablespoon butter, in which has been browned a tablespoon flour and a small onion cut fine; add pepper and salt to taste.

Carrots.—Peel some young carrots all to the same size and shape; parboil in boiling water; drain, and warm in saucepan with butter, a pinch of powdered sugar and little stock; when boiled, increase fire, and cook until sauce is reduced to a glaze. For *Carrot Compote*, scrape and slice quarter of an inch thick, stew in water till tender, drain, weigh and to each pound carrots allow pound sugar and cup cider vinegar; cook all together and flavor with orange peel cut very thin, cinnamon and cloves. For *Warmed Over Carrots*, melt in a spider piece of butter half the size of an egg. Slice in boiled carrots, and season with butter and salt. Just before taking up add half cup of cream or milk, or omit either and serve them nicely browned. They are liked by some better than when first cooked. *Parsnips* can be prepared in the same way.

Baked Cauliflower.—Parboil five minutes, cut into pieces and put into a pie dish; add a little milk, season with salt, pepper, and butter, cover with dry grated cheese, and bake. For *Cauliflower Salad*, after boiling, let cool and dress with Mayonnaise or any dressing preferred. With *Mushrooms*, put in a frying-pan, in hot fat a few small mushrooms and part of a cauliflower broken into sprigs. Sprinkle over them some grated cheese, and baste the whole well from time to time with the hot fat.

Steamed Corn.—Husk and silk carefully; place in steamer; sprinkle with salt, and steam one hour and serve placed in a *Corn Doiley*, made like the Fritter Doiley (working ears of corn in the ends) in the dish, covering with ends. For *Fried Corn*, cut corn from cob; put in frying-pan with tablespoon butter, cover and cook twenty-five minutes, stirring occasionally, but adding no water. The steam will cook it, if kept covered. Add salt, pepper and a cup of cream when done. For *Corn Omelet*, take one dozen ears of corn, three eggs, salt to taste; boil the corn, cut it from the cob, mix with the eggs, and make

in small omelets and fry. For *Corn Pie*, cut corn from two ears of boiled corn; mix gill of milk, gradually, with tablespoon flour Beat yolk and white of one egg separately, and add with tablespoon butter and teaspoon sugar to the flour and milk. Season and bake twenty-five minutes in a deep pie plate. Nice way in which to warm over corn left from dinner. For *Hulled Corn*, when prepared as directed in Winter Vegetables, or as may be bought, cook till tender, adding a little water if needed, season with salt and a tablespoon or two of cream added is an addition. Serve with cream and sugar, or eat as a vegetable with butter. It is delicious warmed over in a little butter, browning nicely.

Dandelions.—After parboiling with soda, boil with a piece of salt pork, omitting butter in dressing. Potatoes may be added about an hour before greens are done. Different greens are cooked as above or in different ways which are given. Cowslips make a fair substitute for dandelions but are rather insipid. Mustard is excellent, when tender, and should be cooked as above. Greens can be had through the season by sowing spinach, beets, and Swiss chard thickly in the garden beds, in a rich soil. They should be sown at intervals of two weeks a few at a time. The Swiss chard has quite large leaves and stalks, but they are crisp and tender if grown well. It lacks the delicious sweetness of the beet, but will be liked by any one fond of greens. Young beets are excellent eating, top and root. Where one has a garden, always sow the seed thickly and thin out when the plants become of sufficient size, using for greens, leaving those for winter use to mature in the rows. Spinach is a favorite old plant, and many families would not think of being without it. Lettuce is also good for greens, being very tender and rich in flavor. If dandelion seed is sown in the garden, in good soil, and care is given the plants, one will be surprised to see how great an improvement cultivation makes in it. The leaves will be larger and thicker, and as rich soil induces a vigorous growth and a quick one, they will be much crisper and more tender.

Egg Plant.—Peel and slice one or two medium sized egg plants, put on in cold water, boil till tender, drain, mash fine, season with salt and pepper, and add beaten egg, and tablespoon flour; fry in little cakes in butter or butter and lard in equal parts. Parsnips and Salsify or Oyster-plant may be cooked in same way.

Boiled Hominy.—Soak quart ground hominy overnight, put over fire in tin pail, set in boiling water, with water enough to cover, boil gently for five hours, as it can not be hurried. After grains begin to soften on no account stir it. The water put in at first ought to be enough to finish it, but if it proves too little, add more carefully, as too much makes it too soft. Salt just before taking from the stove, as too early salting makes it dark. If properly done, the grains will stand out snowy and well done, but round and separate.

Macaroni.—Macaroni is a food of very high nutritious value, being formed chiefly of the gluten, the most valuable part of the wheat from which the starch has been removed. Weight for weight, it may be regarded as not less valuable for flesh-making purposes in the animal economy than beef and mutton. Take spaghetti or thread macaroni. Do not wash. Have saucepan on fire half full of *boiling* water, with a heaping tablespoon of salt, add macaroni and boil till tender, about ten minutes, drain and cover with plenty of cold water. Let stand till cold, drain, dress with either some White, Brown or Tomato Sauce, reheat and serve; or for *Triple Macaroni*, dress with a cup of each of the sauces and a cup of chopped cold ham, chicken or tongue, reheat and serve.

Baked Onions.—Wash, peel and parboil large onions, changing water, adding a little milk with last water; when just tender, place in baking dish or jar, putting a little salt, white pepper, and butter on each, with a little of the water in which they were cooked in the pan; brown in oven fifteen minutes and serve. For *Creamed Onions*, boil till tender, drain, return to saucepans and cover with a White Sauce or a Cream Dressing, adding a little minced parsley, if wished; when hot, serve. For *Stuffed Onions*, peel eight or ten and parboil fifteen minutes, drain and take out about half the insides; chop these and mix with them gill each sausage meat and bread-crumbs, an egg, and a good pinch white pepper, and a little salt. Stuff onions with mixture and heap it a little on top to use up surplus if any. Place in a deep pan that will go in steamer and let steam about an hour and a half. Then brown in oven with cup of gravy poured in pan. When not convenient to steam they can be simmered in gravy in oven if kept covered with a greased sheet of paper. Any kind of minced cold meat, or part raw and part cooked can be used. For *Onion Omelet*, mash eight medium-sized onions boiled quite done, and season with pepper, salt, tablespoon butter, gill sweet milk, and two or three eggs. Bake as directed for Baked Omelet, or simply bake in oven eight minutes.

Parsnip.—Boil till tender, mash, season and fry in one large cake in frying-pan, or add yolks of eggs little flour or cracker dust and fry in small cakes.

New Pease.—Cut up an onion and head of lettuce and add to quart shelled pease with very little water, cook till tender, add beaten egg and half teaspoon sugar and serve.

Rice Pie.—Take cold remains of roast beef, mince very fine, and put into a stewpan with quart or more water; chop fine medium-sized onion, large potato, and large slice fat salt pork; put these with salt, pepper, and half teaspoon allspice into saucepan with meat, and boil steadily till gravy is reduced two-thirds, and meat tender; while this is cooking, take pint rice and boil in plenty of

water with salt to taste; when grains become tender, drain off water and set back on stove to steam, first turning it carefully over from bottom of pot with a spoon to allow steam to pass through; if properly cooked the grain should all stand separately though perfectly tender; take half can large tomatoes, stewed till smooth and free from lumps; stir into rice large tablespoon butter, then mix in tomatoes and hash with hard-boiled eggs sliced thin; put the whole into large baking dish; cut two more eggs over top, pressing gently down into the rice to prevent drying up; sprinkle with white pepper and bake till brown; when done set dish on a large flat dish and serve hot for dinner. Some cooks smooth rice with back of a spoon, and then brush over with yolk of an egg, and set in oven to color; but rice well boiled, white, dry, and with every grain distinct, is by far the preferable mode of dressing it. During the process of boiling, should be attentively watched, that it be not overdone, as, if this is the case it will have a mashed and soft appearance.

Salsify.—Slice crosswise five or six good-sized plants, cook till tender in water enough to cover, then add a pint or more of rich milk mixed with one tablespoon flour, season with butter, pepper and salt, let boil up and pour over slices of toasted bread; or for *Salsify Soup*, add three pints milk, or half milk and water, season and serve with crackers like oyster soup; a little codfish added gives more of an oyster flavor. For *Salsify Fritters*, scrape, boil, drain and mash; add beaten egg, salt, pepper, four tablespoons cream and flour enough to make batter that will drop from end of spoon. Fry as directed in Fritters. When scraping salsify it is well to drop it in cold water in which there is a little vinegar as salsify darkens so very quickly by exposure to air.

Summer Squash.—Take a tender one, cut in slices, skin and all, dip in water then in flour, or single-bread or dip in batter, and fry in hot lard. These taste like Egg-plant; or for *Squash Patties*, steam till tender, take up and mash to a pulp, let cool a little, season with pepper, salt, butter and add flour until stiff, two eggs and a little sweet milk; make in little cakes or drop in hot lard and fry brown.

Winter Squash.—As shell is often so very hard an easy way is to put a whole squash in a steamer, after washing off outside and let steam half an hour. That softens the shell sufficiently, and it can be cut in strips about the width of two fingers. Place in baking pan, finish as above or rub with a brush dipped in butter and sprinkle with a little salt and sugar. Bake without burning, using greased paper if necessary. For *Squash Cakes*, take any cooked squash, mash, and to a pint add one egg, cracker-crumbs till stiff enough to shape, season with salt and pepper, add teaspoon sugar, make into cakes and fry in frying-pan. These are delicious. A little butter may be added if wished.

Succotash.—Parboil quart dry white beans in soda water. Cook slowly in a separate vessel two-thirds as much dried sweet corn. Pour off soda water from beans and put them over fire in cold water with a small piece salt pork. Let them boil about three hours, adding hot water to prevent burning. When nearly done add corn, a trifle of red pepper, a small piece of butter, and a tablespoon sugar. The pork makes it salt enough.

Baked Tomatoes.—Take nice large tomatoes; wash and wipe dry; cut in halves; lay in baking dish with rind down, so the juice will not run out; put a little piece of butter on each half, sprinkle over some salt and pepper, then sift with flour and sugar to make them brown; put a little water in to keep from burning and bake until done. Eat warm; or cut in slices, season as above and cover with a layer of bread crumbs. Or into quart cold stewed tomatoes, beat two eggs, two tablespoons bread crumbs, tablespoon chopped parsley, and a little pepper and salt. Bake twenty minutes in a quick oven. For *Boiled Tomatoes* select good firm tomatoes; drop them into a pail or pot of hot water, and boil them the same as you would boil potatoes with their "jackets" on. The length of time, of course, will depend somewhat on the size of the fruit and the quickness of the fire. When they have been boiling about five minutes, try them with a fork. If they are soft all the way through they are done. Lift out, peel the skin off, add butter, pepper and salt. These are very nice. For *Stuffed Tomatoes* cut six tomatoes in halves, remove pulp and fill inside with a mixture of bread-crumbs, and grated Parmesan cheese seasoned with pepper and salt; place a small piece of butter on each half tomato, and lay them close together in a well-buttered tin. Bake in a slow oven about half an hour, and serve with the liquor that comes from them when cooking, or a nice rich gravy may be poured over them. Or any stuffed tomatoes may be *Fried* carefully or they are delicious *Braised*. For Tomato Salad lay, whole, on the ice before slicing, to harden them; slice them with a sharp knife, and pour over any salad dressing. For *Tomatoes With Eggs*, peel skins from twelve large tomatoes. Put four spoonfuls butter in a frying-pan; when hot, add one large onion chopped fine; let it fry a few minutes, add tomatoes, and when nearly done, six eggs well beaten. *With Onions*, slice two large onions, quart tomatoes, cook and season with pepper, salt, butter, thicken with bread. Just before serving add half cup either sweet or good sour cream. If tomatoes are taken from fire before adding cream it will not curdle. *With Rice*, scald and peel six ripe tomatoes, scald cup rice, and put both together in a pan; add tablespoon sugar, a little salt, pepper, and water enough to bring the rice to consistency of plain boiled rice when done, and stew till latter is tender. Season with butter before serving.

Baked Turnips.—Take whole turnips, wash well, but do not peel, cut slice off top, place in oven and bake; when done serve in the skin; they can be seasoned and eaten right out of the shell the skin forms. The white turnips are best for this. Or peel, slice and bake; or peel either white or yellow, latter known as ruta-bagas, cut in small slices, dice are nicest, and boil in boiling salted water till tender; drain, put in an earthen baking dish and cover with a White Sauce made of milk or water, add a layer of bread or cracker crumbs and dot with bits of butter and brown in oven. Cold boiled turnips can be used as above and either make a very nice dish.

Potato Stew.—Boil one pound salt pork in two quarts water; when done, take out, add twelve raw potatoes and two onions sliced, or if very small, leave potatoes whole; cook three-quarters of an hour, and add tablespoon butter and cup milk mixed with a beaten egg; boil a moment or two and serve; or if not wished with as much liquid, prepare the dressing of butter, milk and egg in saucepan, skim out potatoes and onions, add, and boil up once in it. Score the meat and brown in oven and serve. If quite salt, soak a little while before cooking.

Vegetable Stews.—These are of German or Swiss origin, and if well prepared are excellent. For a *Cabbage Stew*, take as much as needed, quarter, core and boil till fairly done, but not tender; then skim out into a large pan of clear cold water. Let it cool and drain; press in colander or with the hands, then cut it fine or coarse, just as liked; meantime put on stove a kettle or saucepan—a deep frying pan will do—with butter and drippings; half and half, rather more than for frying same amount potatoes, and add a minced onion or two. When it is slightly browned dredge with a tablespoon of flour to a quart of cabbage; it should be rather moist. Pepper and salt to taste. stir frequently and cook slowly from half to three-quarters of an hour. Never put a cover on any of these vegetable stews while cooking as it would cause the thickening to settle to the bottom and burn, while the evaporating process that gives it flavor would be checked. If to guard against flies, a cover is necessary, use a wire one. For *Bean Stew*, put a teacup picked and washed white beans into just such a foundation as directed for Potato Stew, only the beans must be put on to cook three or four hours before dinner and need more water than potatoes. Do not cover. *Pea Stews*, either with dried or split pease, are very good cooked in this way, though most people prefer to use smoked bacon for the fat part of the foundation for pease. In any of these stews, pork, salt or fresh, can be used as fat instead of butter, lard or drippings. Carrots, parsnips, turnips, egg plant, tomatoes, cauliflower or any vegetables can be stewed thus, making a variety of most wholesome and inexpensive dishes. Something similar to these stews is the *Pepper Pot*: After washing thoroughly

place pound and three-quarters of honey-comb tripe in kettle with a two pound knuckle of veal and two quarts cold water; when boiling, skim and then simmer slowly for six or seven hours, adding boiling water as needed. When done, strain, let stand overnight, remove fat and put the stock in kettle; then add half a red pepper, cut in strips, tablespoon minced parsley and a medium-sized onion, chopped fine, and simmer three-quarters of an hour. Make a thickening of a tablespoon or two of the fat taken from soup with two tablespoons flour, stirring it smooth with a little of the broth from kettle; add this, stirring in well and then add two or three medium-sized raw potatoes, chopped fine, with the tripe and veal cut in inch squares, cook five minutes, add some tiny Suet Dumplings, and after cooking fifteen minutes, serve. This makes a delicious stew and if more of a soup is wished use four quarts water instead of two.

Winter Vegetables.

As vegetables are such a necessary part of our winter diet, it is essential to know the better ways of keeping them as nearly perfect as possible. Canning gives good results but it is considered by many quite an arduous task to can, so we give below methods of preserving in salt, drying, etc., that are claimed to be never failing.

Beans in Brine.—Wash, string, and cut up the pods, as if preparing for immediate cooking; take a large earthen vessel or water-tight cask, sprinkle a layer of salt at the bottom, then fill up with alternate layers of cut beans and salt; when the vessel is quite full, place a wooden plate on the top layer of salt, with a weight on it to press the whole mass well down. After standing a few days the vessel will be found little more than half full; it can then be filled up with more cut beans and salt, and the process repeated till quite full. Place a liberal layer of salt on the top, put the wooden plate and weight on, and set in a cool place till required. Or string fresh green beans, and cut down the sides till within an inch of the end, boil in water fifteen minutes, take out and drain; when cold, pack in a stone jar, first putting two tablespoons salt in bottom, then a quart of beans, sprinkle with a tablespoon salt, put in layer after layer in this way till the crock is full, pour over a pint of cold well-water (if not filled the first time, beans may be added until filled, putting

in no more water after this pint), put on cloth with a plate and weight, set away in cool place, and in about a week take off cloth, wash it out in a little salt water (there will be a scum upon it), put back as before, and repeat operation at the end of another week; then pack away, and when wanted for use, take out the quantity wanted and soak for half an hour, put in pot in cold water with a piece of fresh pork, cook half an hour, season with pepper and a little salt if needed; or cook without pork and season with butter and pepper; or some fill the crock with the cooked beans and then cover with a strong brine made as for cucumbers. Or for *Dried String Beans*, string and cut as for cooking and dry like corn. To use soak and cook as fresh ones.

Dried Corn.—Secure corn “in the milk” and after cleaning place the ears in a large steamer over the fire (one can be improvised by using a wash boiler, with cover, putting in pieces of hardwood in the bottom and placing a dripping pan on them, or a piece of tin with holes in it), let remain a short time, only long enough to set the milk, then cut about two-thirds depth of the kernel from cob with a very sharp knife, and with back of knife scrape the inside of the rest of the kernel from the cob. Have clean sheet or tablecloth laid on boards in the sun and as soon as a small quantity is prepared, place immediately on boards and continue above process till all is cut. A good drying day will nearly dry the corn sufficient to place in oven to finish in the evening, but it often happens that the day is not such; then place the cloth with the corn on it on tables or on a clean floor in a vacant room over night and put out in sun next day. Continue to do this till it is thoroughly dry, then place in a thick paper in a dripping pan, pour in corn and put in a warm oven till corn is so hot it cannot be touched with the finger. While in stove watch constantly to keep from scorching or becoming brown, and finish as above. For *Corn in Brine*, select nice large ears just right for eating, remove all husks except inside row, place a layer of salt in a barrel, (a hard wood one is better) then layer of ears of corn, then salt, etc., till all is used; add enough water to form a brine, and cover with board, cloth and weight as for Cucumbers in Brine. Corn may be added during the season, caring for the covering as directed in pickles. To use, freshen over night and cook as new corn. For *Cut Corn in Brine*, scald corn just enough to set milk, cut from cob and to every four pints corn add pint salt, mix thoroughly, pack in jars and cover with a cloth and weight; when wanted for use put in a saucepan or kettle, cover with cold water; as soon as it comes to a boil pour off and put on cold again, and repeat until it is fresh enough; when tender, add a very little sugar, sweet cream, or butter, etc., to taste and serve. Or corn may be steamed instead of being scalded, and some use one-fourth or even one-third salt, soaking over night or longer, if necessary before cooking.

A YEAR'S BILLS OF FARE.

January.

Sunday. Breakfast—Buckwheat cakes, croquettes of sausage meat, breakfast hominy. *Dinner*—Oyster soup, roast turkey, mashed potatoes, Lima beans, cranberry sauce, celery; mince pie, Danish Pudding, cake. *Supper*—Cold biscuit, sliced turkey, cranberry jelly, apple sauce.

Monday. Breakfast—Graham cakes, fried tripe, potato cakes. *Dinner*—Escaloped turkey, baked potatoes, pickled beets; apple short cake. *Supper*—Dried beef frizzled, hot buns, fried apples.

Tuesday. Breakfast—Graham gems, boiled mutton, potatoes *a la pan-cake*. *Dinner*—Turkey soup, roasted beef with potatoes, stewed tomatoes, celery; rice pudding, fruit cake. *Supper*—Cold buns, sliced beef, Indian pudding (corn meal mush) and milk.

Wednesday. Breakfast—Buttered toast, fried mush and maple syrup, fried liver. *Dinner*—Meat pie, mashed turnips, stewed corn; apple dumplings with sauce, cake. *Supper*—Tea rolls, sardines with sliced lemon, rusk, jelly.

Thursday. Breakfast—Gluten cakes, boiled beefsteak, potatoes. *Dinner*—Chicken boiled with soup, whole potatoes boiled, plain boiled rice, cabbage salad; apple pie, cake. *Supper*—Vienna rolls, cold chicken, canned fruit, cake.

Friday. Breakfast—Rice cakes, spare ribs broiled, fried raw potatoes. *Dinner*—Baked fish, canned corn, tomato sauce, fricassee of salmon or halibut, baked potatoes; tapioca pudding. *Supper*—Warm rolls, pressed meat, canned blackberries.

Saturday. Breakfast—Broiled sausage, whole potatoes fried, apple fritters. *Dinner*—Saturday bean soup, fried mutton chops, plain boiled rice, baked potatoes, fish salad; brown pudding with sauce. *Supper*—Plain bread, bologna sausage, jelly cake.

February.

Sunday. Breakfast—Baked beans and Boston brown bread, fried apples and coffee bread. *Dinner*—Oyster soup, roast of mutton, baked potatoes, Lima beans, tomatoes, salsify, cranberry jelly, celery, mayonnaise of salmon; mince pie, ambrosia and fruit cake. *Supper*—Italian rolls, currant jelly, chocolate blanc-mange, Yule cake.

Monday. Breakfast—Rye biscuit, mutton warmed in butter, or broiled fish, croquettes of cold vegetables. *Dinner*—Beef *a la mode*, mashed potatoes and turnips, boiled rice, cottage pudding, cake. *Supper*—Cold biscuit, dried beef, apple tapioca pudding.

Tuesday. Breakfast—Corn cakes, hash, fried potatoes. *Dinner*—Roast pork with sweet potatoes or parsnips, pudding of canned corn, pickled beets, apple custard pie, jelly cake. *Supper*—Sardines, buns, preserved fruit with whipped cream.

Wednesday. Breakfast—Toast, fried fish, potatoes fried. *Dinner*—Baked ham, whole boiled potatoes, salsify stewed, celery sauce; apple float, pumpkin pie, cake. *Supper*—French rolls, cold tongue, sliced oranges.

Thursday. Breakfast—Pigs' feet souse, potato cakes. *Dinner*—Amber soup, chicken pie, stewed onions, turnips, pickled beets, waffles; boiled batter pudding with cream sauce. *Supper*—Buttered toast, baked apples and whipped cream, teacakes.

Friday. Breakfast—Broiled oysters on toast, tomato sauce, flannel, cakes with honey or maple syrup. *Dinner*—Baked or broiled fish if fresh, or fricasseed if canned, mashed potatoes, fried parsnips cabbage salad, apple dumplings with sauce. *Supper*—Creamed codfish, corn mush hot with milk, canned fruit and light cakes.

Saturday. Breakfast—Broiled mutton chops, creamed potatoes Graham cakes. *Dinner*—Saturday bean soup, boiled shoulder of ham with cabbage, potatoes, parsnips, carrots, pickled beets, lemon pie. *Supper*—Bread and milk hot, cold ham, jelly and cake.

March.

Sunday. Breakfast—Baked beans with pork and Boston brown bread, omelet. *Dinner*—Bouillon Roast turkey, potatoes, canned corn, plum jelly, young lettuce broken up (*not cut*) heaped lightly in a dish and ornamented with sliced eggs; Charlotte russe, jelly and sponge cake. *Supper*—Cold turkey, cranberry jelly, canned fruit, jam and cake.

Monday. Breakfast—Flannel cakes, mutton chops, broiled potatoes. *Dinner*—Beefsteak soup, broiled steak, potatoes boiled whole, salsify, oyster salad, sweet pickles, transparent pudding, cream puffs, oranges. *Supper*—Graham muffins, cold meat, apple fritters with sugar, sponge cake.

Tuesday. Breakfast—Buttered toast, pork chops broiled, hominy grits. *Dinner*—Tomato soup, diced potatoes, canned corn or beans, pickles; steamed pudding with sauce, almonds, raisins. *Supper*—Baking powder rusk, sardines with lemon, light coffee cake and jam.

Wednesday. Breakfast—Plain bread, fried mush, broiled bacon, breakfast potatoes. *Dinner*—Roast duck, baked potatoes, stewed tomatoes, currant, plum or grape jelly; Chocolate custard pie. *Supper*—Buttered toast, cold duck, jelly cake.

Wednesday. Breakfast—Flannel cakes, boiled ham, shirred eggs. *Dinner*—Boiled tongue, mutton stew with potatoes, steamed rice; lemon pudding, cake. *Supper*—Cold biscuit, shaved tongue, rice fritters with sugar.

Friday. Breakfast—Corn muffins, broiled fish, escaloped eggs. *Dinner*—Boiled salt cod with mashed potatoes, canned pease, cabbage salad; baked custard, cake. *Supper*—Bologna sausage sliced, broiled and buttered; hot plain bread, toasted rusk, raspberry jam.

Saturday. Breakfast—Graham bread, broiled veal, potatoes. *Dinner*—Corned beef boiled with turnips or parsnips, canned corn boiled onions, horse-radish sauce; coconut pie. *Supper*—Toasted graham bread, cold beef shaved, warm rusk and jelly.

April.

Easter Sunday. Breakfast—Broiled sirloin steak, French rolls young radishes, Saratoga potatoes, boiled eggs, waffles and honey. *Dinner*—Chicken soup or green turtle with Italian paste, fresh fish boiled with drawn but-

ter and sliced eggs, or fish stuffed and baked, served with lemon and parsley, mashed potatoes, glazed ham, pudding of canned corn, tomato sauce, chicken salad, pickles celery, grape jelly, game; cream pie, assorted cakes, Easter jelly, Easter pudding, fruits, nuts and coffee. *Supper* or *Luncheon*—Cold rolls, cream biscuits, cold ham, currant jelly, oysters baked on shell, cakes and fruit, chocolate or tea, ribbon jelly.

Monday. Breakfast—Graham bread, veal cutlets, fricasseed potatoes. *Dinner*—Boiled ham with potatoes, canned corn pudding, parsnips fried, mixed pickles; peach cobbler, cake. *Supper*—Graham toast, cold sliced ham, hot rusk, stewed fruit.

Tuesday. Breakfast—Muffins, breaded veal cutlets, curried eggs, potato cakes. *Dinner*—Roast beef, canned succotash, plain boiled rice with tomatoes, dressed lettuce; peach rolls with sauce. *Supper*—Toasted muffins, cold beef sliced, hot bread and milk.

Wednesday. Breakfast—Cream toast, broiled ham, boiled eggs. *Dinner*—Mutton soup, mutton garnished with beets and grasses, stewed parsnips, pudding of canned corn, asparagus on toast, onions, cheese crusts; orange float, jelly cake. *Supper*—Soda biscuit, cold mutton, currant jelly, fruit charlotte.

Thursday. Breakfast—Vienna rolls, fried pickled tripe, rice croquettes, radishes. *Dinner*—Chicken pot-pie, canned Lima beans, stewed tomatoes, asparagus; almond custard. *Supper*—Cold rolls, chicken salad, chocolate tarts.

Friday. Breakfast—Corn cakes, pates of cold mutton hot, with gravy, fried raw potatoes. *Dinner*—Fricassee of canned halibut or fresh fish baked, mashed potatoes, turnips sliced; bread pudding, oranges cake. *Supper*—Plain bread, cold beef, steamed crackers.

Saturday. Breakfast—Baking powder biscuit with maple syrup fricasseed potatoes, croquettes of fish. *Dinner*—Boiled leg of mutton, ambushed asparagus, boiled macaroni, potato a la pancake; bread pudding. *Supper*—Cold rolls, cold mutton sliced, plain boiled rice with cream and sugar.

May.

Sunday. Breakfast—Breakfast toast, fried veal cutlets, sliced tomatoes. *Dinner*—Roast of lamb with mint sauce, currant jelly, new potatoes, green pease, gelinola salad with fruit; strawberry short cake. *Supper*—Light rolls, cold lamb, jelly and cake.

Monday. Breakfast—Plain bread, minced lamb with poached eggs on toast. *Dinner*—Meat pie, new potatoes, asparagus, lettuce; cherry pie, lady fingers. *Supper*—Rusk, sardine jelly, baked rhubarb.

Tuesday. Breakfast—Plain bread, broiled bacon, fried potatoes. *Dinner*—Chicken soup, smothered chickens, creamed potatoes, tomatoes, Paris pudding, oranges. *Supper*—Waffles, cold pressed meat, jelly cake.

Wednesday. Breakfast—Muffins, codfish, boiled eggs. *Dinner*—Veal stew, potatoes mashed or baked, spinach, rhubarb sauce; plain batter pudding with sauce, cake and fruit. *Supper*—Toasted muffins, cold veal, bachelor's buttons.

Thursday. Breakfast—Sally Lunn, broiled ham, scrambled eggs, fried potatoes. *Dinner*—Roast beef with potatoes, carrots, parsnips, lettuce and onion salad; cream pie. *Supper*—Toasted Sally Lunn, cold beef sliced, tea buns, fruit.

Friday. Breakfast—Breakfast rolls, broiled beefsteak, omelet. *Dinner*—Barley soup, baked fish with egg sauce, stewed parsnips, potatoes, asparagus, pates of sweet-bread, lettuce mayonnaise; perfection cream pudding, strawberries. *Supper*—Cold rolls, sliced lamb, cake jelly.

Saturday. Breakfast—Waffles with maple syrup, scalloped fish, creamed potatoes. *Dinner*—Ham boiled with greens, young turnips; rhubarb pie, tapioca jelly. *Supper*—Plain bread, shaved ham, hot buns and fruit.

June.

Sunday. Breakfast—Light rolls, broiled beefsteak, sliced tomatoes, omelets. *Dinner*—Raspberry soup, boiled chicken, mashed potatoes, green pease, pickled beets; strawberry Bavarian cream. *Supper*—Cold rolls, cold chicken, toast with jelly fruit.

Monday. Breakfast—Corn cakes, fried clams, potatoes, or hominy croquettes. *Dinner*—Pea soup, roast beef with potatoes, string beans, young onions; raspberry blanc-mange, oranges or bananas and cake. *Supper*—buns, cold beef sliced, cherries, lemon cake.

Tuesday. Breakfast—Waffles, breakfast stew, fried potatoes. *Dinner*—Meat pie, asparagus toast, potatoes, lettuce; raspberry float. *Supper*—Cold buns, chopped dried beef, raspberry cream, cakes.

Wednesday. Breakfast—Cream toast, broiled beefsteak, boiled eggs, stewed tomatoes. *Dinner*—Fruit soup, lamb cutlets broiled and served with green pease, summer squash, young onions, pickled beets; strawberries, cakes. *Supper*—Cold biscuits, canned salmon, fruit.

Thursday. Breakfast—Graham bread, beefsteak smothered with onions, tomatoes. *Dinner*—Boiled beef with soup, potatoes, string beans; cherry dumplings with sauce, cakes. *Supper*—Toasted Graham bread, cold beef, currants.

Friday. Breakfast—Corn pone, broiled ham, omelet, hominy fritters. *Dinner*—Boiled salmon or some other variety of fresh fish either fried, baked or fricasseed; mashed potatoes, Lima beans, squash, cucumbers; oranges. *Supper*—Cold pone sliced and toasted in the oven, cold tongue, sponge cake with fruit.

Saturday. Breakfast—French rolls, broiled liver, tomatoes. *Dinner*—Stewed lamb with mint sauce, potatoes, squash, beets; strawberries and cream. *Supper*—Cold sliced lamb, sweet muffins with stewed cherries.

July.

Sunday. Breakfast—Fresh berries with cream and sugar, broiled Spanish mackerel, buttered toast, omelet, flannel cakes with syrup. *Dinner*—Pea soup, roast tenderloin of beef, new potatoes, tomatoes, lettuce a la Magonnaise, cucumbers, sliced, royal strawberry short-cake, ice-cream, cake. *Supper*—Small light biscuit, sliced ham, almond flowers, cake and berries.

Monday. Breakfast—Creamed gems, broiled mutton chops, fried potatoes, cottage cheese. *Dinner*—Ragout of beef, boiled potatoes, young onions, tomatoes; rice pudding, oranges, cake. *Supper*—Toasted gems, ham salad, stewed berries, currant buns.

Tuesday. Breakfast—Batter cake, breakfast bacon, cracked wheat with cream. *Dinner*—Stuffed fillet of veal garnished with green pease, mashed potatoes, summer squash, beet salad, blackberries, cream and cake. *Supper*—Cold rolls, sliced veal, short-cake with berries or jam.

Wednesday. Breakfast—Hot muffins, boiled beefsteak, boiled eggs. *Dinner*—Meat pie, boiled potatoes, boiled cauliflower with sauce; cherry soufflé, cake. *Supper*—Toasted muffins, bologna sausage sliced, raspberries.

Thursday. Breakfast—Cream toast, poached eggs, boiled ham. *Dinner*—Rice soup, boiled corned beef, potatoes, tomatoes, cucumber salad; ripe currant pie, cake. *Supper*—Plain bread, cold corned beef, steamed crackers, stewed fruit.

Friday. Breakfast—Hash, fried potatoes, stewed tomatoes with toast. *Dinner*—Fresh fish either baked, boiled or fried, green beans stewed with pork, boiled potatoes, cucumber salad; cherry pie, cake. *Supper*—Warm biscuit, ham omelet, light cakes and jelly or berries.

Saturday. Breakfast—Waffles, broiled beefsteak, scrambled eggs. *Dinner*—Roast beef with potatoes, beets, cucumbers, dressed lettuce; cup custards, oranges, cake. *Supper*—Plain bread, oatmeal with cream, sliced banana or pine-apple.

August.

Sunday. Breakfast—Nutmeg melons, fried chickens with cream gravy, fried tomatoes, cottage cheese, corn fritters. *Dinner*—Roast loin of veal, mashed potatoes, tapioca cream cabbage, egg terrace, tomatoes; watermelon. *Supper*—Cold rolls, sliced veal.

Monday. Breakfast—Buttered toast with poached eggs, cold roast veal sliced and warmed up with gravy, potatoes fried. *Dinner*—Roast beef with potatoes, pease, tomatoes, corn pudding, lettuce; watermelon. *Supper*—Light biscuit, cold sliced beef, apple snow.

Tuesday. Breakfast—Nutmeg melon, corn, oysters, boiled bacon. *Dinner*—Broiled prairie chickens with currant jelly, browned potatoes, sliced tomatoes; cake, orange float. *Supper*—Spoon biscuit, cold beef, jelly and cake.

Wednesday. Breakfast—Corn gems, croquettes of mutton, fried apples, fried potatoes. *Dinner*—Boiled tongue, whole boiled potatoes, tomatoes stewed; fried bananas. *Supper*—Toasted bread, cold tongue, oatmeal with cream.

Thursday. Breakfast—Breakfast rolls, fried sweet-breads, fried potatoes. *Dinner*—Brown stew, baked potatoes, stewed corn, tomatoes, watermelon. *Supper*—Sliced cold beef, biscuit, floating island.

Friday. Breakfast—Nutmeg melon, rice muffins, boiled beefsteak, potatoes. *Dinner*—Fresh fish chowder, potatoes whole, pease, boiled onions, tomato salad; chocolate tarts, cake. *Supper*—Toasted muffins, cold pressed meat; sponge cake, and jelly with whipped cream.

Saturday. Breakfast—Poached eggs on toast, fried potatoes, waffles. *Dinner*—Boiled ham or shoulder with vegetables, cucumber salad; carrot pudding, warm gingerbread and lemonade. *Supper*—Light biscuit, shaved ham, blanc-mange, with jelly and cake.

September.

Sunday. Breakfast—Nutmeg melon, fried oysters, baked potatoes. *Dinner*—Baked chickens, sweet potatoes, succotash, baked tomatoes; Gopher Orange ice, mixed cakes, watermelon. *Supper*—Sliced chicken, biscuit, apple sauce.

Monday. Breakfast—Plain bread, green corn fritters, mutton chops. *Dinner*—Chicken panned pie, mashed potatoes, pickled beets; peach cake with whipped cream. *Supper*—Sliced veal loaf, warm light biscuit, fried bananas.

Tuesday. Breakfast—Graham bread, broiled steak, tomatoes. *Dinner*—Boiled bacon with potatoes and beans, green corn pudding, raw tomatoes, baked egg plant; apple pie, cake. *Supper*—Raw oysters and sliced lemon, biscuit and cake.

Wednesday. Breakfast—Hot muffins, fried chicken, fried cabbage. *Dinner*—Ragout of beef, potatoes, carrots, corn; compote of pears. *Supper*—Cold sliced beef, sliced tomatoes, egg rolls.

Thursday. Breakfast—Nutmeg melon, waffles, boiled chicken, cream omelets. *Dinner*—Veal pot pie, sweet potatoes, corn, baked onions; cup custards. *Supper*—Toasted bread, canned salmon, baked pears.

Friday. Breakfast—Graham gems, mutton chops, potatoes. *Dinner*—Baked fish, potatoes, green corn, stewed tomatoes, pickled beets; peach dumplings with sauce, cake. *Supper*—Oyster stew, crackers, celery, fruit.

Saturday. Breakfast—Nutmeg melons, corn oysters, steak. *Dinner*—Beef boiled with cabbage and potatoes, succotash; apple roly-poly with custard sauce, sponge cake. *Supper*—Sliced beef, peaches and cream.

October.

Sunday. Breakfast—Fried oysters, fried mush, poached eggs. *Dinner*—Roast wild duck, grape or plum jelly, mashed potatoes, tomatoes, Lima beans; sliced peaches, ice cream, cake, grapes. *Supper*—Sliced duck, sliced tomatoes, sponge cake, jelly.

Monday. Breakfast—Mutton chops broiled, potatoes fried, buttered toast. *Dinner*—Veal pot pie, sweet-potatoes, Lima beans, tomatoes, pickles; apple fritters with sauce, grape tarts, cake. *Supper*—Sliced dried beef, currant or plum jelly, baked quinces.

Tuesday. Breakfast—Oyster croquettes, fried cabbage, fried potatoes. *Dinner*—Boiled mutton with soup, potatoes, squash; Graham pudding, cake. *Supper*—Sliced mutton, light buns, fried apples.

Wednesday. Breakfast—Vegetable hash, fried oysters, stewed tomatoes. *Dinner*—Boiled pheasant, sweet-potatoes, tomatoes, onion sauce; peach meringue pie, plum jelly, cake, fruit. *Supper*—Cold beef sliced, rusk, baked apples.

Thursday. Breakfast—Hot rolls, broiled bacon, fricassed potatoes. *Dinner*—Meat pie, boiled onions, stewed tomatoes, beets; apple dumplings with sauce, cake. *Supper*—Cold pressed meat, cake, stewed grapes.

Friday. Breakfast—Broiled mutton chops, fried potato cakes, muffins. *Dinner*—Baked or boiled fish, boiled whole potatoes, corn, delicate cabbage, cheese fondue; peach meringue, cake. *Supper*—Bologna sausage, toasted muffins, honey.

Saturday. Breakfast—Bread puffs, croquettes of fish with potatoes, tomatoes. *Dinner*—Bean soup, broiled beefsteak, boiled cauliflower, potatoes boiled in jackets, pickles; plain boiled pudding with sauce, cake, fruit. *Supper*—Beefsteak toast, bread, stewed pears.

November.

Sunday. Breakfast—Cream toast, fried chickens, escaloped eggs. *Dinner*—Roast wild goose with apple sauce, celery, turnips, sweet-potatoes; pumpkin pie, cake. *Supper*—Tea rolls, cold sliced goose, blance-mange.

Monday. Breakfast—Graham mush, boiled steak, potatoes, plain bread. *Dinner*—Roast goose warmed over, baked potatoes, macaroni with cheese; grape pie, cake. *Supper*—Buttered toast, cold sliced goose, fried apples, rusk.

Tuesday. Breakfast—Buttered toast, fried pork steak, potato cake, tomatoes. *Dinner*—Boiled chicken with soup, plain rice, whole potatoes, slaw; apple dumplings, cake. *Supper*—Cold chicken, rice fritters, tea cakes.

Wednesday. Breakfast—Butter cakes, broiled mutton chops, potatoes. *Dinner*—Oyster pie, baked sweet-potatoes, turnips, celery; apple pie with whipped cream. *Supper*—Cold rolls, chipped beef, custard cake, marmalade.

Thursday. Breakfast—Graham bread, croquettes of duck, potatoes. *Dinner*—Beef tongue, baked potatoes, macaroni with cheese; grapes with cake. *Supper*—Toasted Graham bread, cold tongue, baked pears.

Friday. Breakfast—Fried mush, oyster fritters, plain bread. *Dinner*—Baked or boiled fish, mashed potatoes, canned pease, tomatoes, grape jelly; cottage pudding with sauce. *Supper*—Rolls, cold mutton sliced, rice fritters, jelly and cake.

Saturday. Breakfast—Graham gems, veal cutlets, potatoes. *Dinner*—Chicken pie; warm apple pie, cake. *Supper*—Toasted gems, dried beef, baked apples.

December.

Sunday. Breakfast—Flannel cakes, beefsteak toast, potato cakes. *Dinner*—Roast haunch venison, mashed potatoes, tomatoes, apple sauce, cheese fingers, celery; fig pudding with lemon sauce, cake. *Supper*—Tea buns, cold venison, canned fruit, lady fingers.

Monday. Breakfast—Graham bread, boiled spare ribs, fried raw potatoes. *Dinner*—Broiled beefsteak, stuffed cabbage, potato soufflé, turnips, celery; cake pudding, cake. *Supper*—Toasted Graham bread, cold tongue, floating island.

Tuesday. Breakfast—Oyster toast, veal sweet-breads, potatoes fried whole. *Dinner*—Mutton soup, mutton dressed with caper sauce, baked potatoes, canned pease, celery, cranberry jelly; cocoanut pudding, cake. *Supper*—Cold mutton, short cake with jam.

Wednesday Christmas. Breakfast—Grapes and bananas, boiled oysters on toast, waffles with honey. *Dinner*—Raw oysters served with sliced lemon; turtle soup; baked fresh fish; roast turkey garnished with fried oysters, mashed potatoes, Lima beans, pickled beets, mayonaise of chicken salad, celery, cheese ramakins, cranberry sauce; Christmas plum pudding with rich sauce; mince pie, sponge and lady cake mixed, pine-apple ice fancho-nettes, fruit and nuts. *Supper or Luncheon*—Curried oysters, Vienna rolls, slaw, apple trifle with whipped cream, lady fingers, cake.

Thursday. Breakfast—Corn muffins, oysters in shell, croquettes of turkey, potatoes. *Dinner*—Turkey soup, quail on toast, walled oysters, boiled onions, celery and slaw; ice-cream, cake. *Supper*—Bread and milk, lemon fritters with sugar, rusk.

Friday. Breakfast—Fried oysters, *Duchess* potatoes, waffles with maple syrup, baked apples. *Dinner*—Boiled fish with Hollandaise sauce, steamed potatoes, canned tomatoes, canned succotash; queen of puddings. *Supper*—Fricassed oysters, slaw, celery, waffles and honey, canned pears.

Saturday. Breakfast—Royal crumpets, broiled beefsteak, *Lyonnaise* potatoes, bread cakes with syrup. *Dinner*—Chicken soup, chickens dressed with parsley and egg sauce, potatoes, salsify, slaw; hot apple pie with cream. *Supper*—Cold chicken, French rolls, apple sauce.

TABLE OF WEIGHTS AND MEASURES.

1 quart oatmeal weighs 1 lb.
 1 quart unsifted flour weighs 1 lb, 1 oz.
 1 quart sifted flour (well heaped) weighs 1 lb
 3 coffee-cups sifted flour (level) weigh 1 lb.
 4 tea-cups sifted flour (level) weigh 1 lb.
 1 quart of sifted Indian meal weighs 1 lb 4 oz.
 $2\frac{3}{4}$ coffee-cups Indian meal (level) equal 1 qt.
 $3\frac{1}{2}$ tea-cups Indian meal (level) equal 1 qt.
 $1\frac{1}{2}$ pints of powdered sugar weigh 1 lb.
 2 coffee-cups powdered sugar (level) weigh 1 lb.
 $2\frac{3}{4}$ tea-cups powdered sugar (scant) weigh 1 lb.
 1 pint granulated sugar (heaped) weighs 14 oz.
 $1\frac{1}{2}$ coffee-cups granulated sugar (level) weigh 1 lb.
 2 tea-cups granulated sugar (level) weigh 1 lb.
 1 pint coffee "A" sugar weighs 12 oz.
 $1\frac{3}{4}$ coffee-cups coffee "A" sugar (level) weigh 1 lb.
 2 tea-cups coffee "A" sugar (well heaped) weigh 1 lb.
 1 pint of best brown sugar weighs 13 oz.
 $1\frac{3}{4}$ coffee-cups best brown sugar (level) weigh 1 lb.
 $2\frac{1}{2}$ tea-cups best brown sugar (level) weigh 1 lb
 1 pint soft butter (well packed) weighs 1 lb,
 2 tea-cups soft butter (well packed) weigh 1 lb.
 Soft butter size of an egg weighs 2 oz.
 1 tablespoon of soft butter (well rounded) weighs 1 oz.
 4 tablespoons soft butter (well heaped) equal one tea-cup.
 1 pint bread-crumbs weighs 7 oz.
 2 tablespoons bread-crumbs weigh 1 oz.
 14 tablespoons bread-crumbs equal 1 pint.
 1 quart finely-chopped suet weighs 1 lb.
 1 pint finely chopped raw meat, (well packed) weighs 1 lb.
 1 scant quart raisins, (before cleaning) weighs 1 lb.
 10 medium-sized or 8 large eggs weigh 1 lb.
 1 1- ϵ tablespoons rice weigh 1 oz.
 3 tablespoons sweet chocolate (grated) weigh 1 oz.
 1 tablespoon (well heaped) of common salt weighs 1 oz.
 5 tablespoons sifted flour or meal (heaping) equal 1 teacup.
 7 tablespoons granulated sugar (heaping) equal one teacup.
 2 tablespoons (well-rounded) of powdered sugar or flour weigh 1 oz.
 2 teaspoons (heaping) of flour, sugar or meal, equal 1 heaping tablespoon.
 1 tablespoon (well heaped) granulated coffee "A" or best brown sugar, 1 oz.
 1 tablespoon soda (slightly heaping) weighs 1 oz.

LIQUIDS.

4 teacupfuls equal 1 qt.
 8 tablespoons equal 1 gill.
 16 tablespoonfuls equal $\frac{1}{2}$ pint.
 1 teacupful equals 8 fluid oz. or 2 gills.

1 pint contains 16 fluid ounces (4 gills.)

1 ounce contains 8 fluid drachms ($\frac{3}{4}$ gill.)

1 teaspoon contains about 1 fluid drachm.

1 tablespoon contains about $\frac{1}{2}$ fluid ounce.

A common-sized tumbler holds about $\frac{1}{2}$ pint.

4 teaspoonfuls equal one tablespoon or $\frac{1}{2}$ fluid ounce.

1 wine-glass full (common-size) equals 4 tablespoons or 2 fluid oz.

A teaspoonful (for brevity, teaspoon is used for teaspoonful in the recipes of this book) is equal in volume to 45 drops of pure water (distilled) at 60 deg. Fah. Teaspoons vary so much in size that there is a wide margin of difference in containing capacity.

AVOIRDUPOIS WEIGHT.

16 drams (dr. make 1 ounce (oz.))

25 pounds make 1 quarter (qr.)

16 ounces make 1 pound (lb.)

4 quarters make 1 hundred weight (cwt.).

2000 weight makes 1 ton (T).

LIQUID MEASURE.

4 gills (gi.) make 1 pint (pt.)

1

2 pints make 1 quart (qt.)

4 quarts make 1 gallon (gal.)

WEIGHTS OF ARTICLES.

Apples, dried, bushel	25 pounds.
Beef, firkin,	100 "
Pork barrel,	200 "
Beans, bushel,	60 "
Butter, firkin,	56 "
" tub,	84 "
Peaches, dried, bushel,	33 "
Fish, barrel,	200 "
" quintal,	112 "

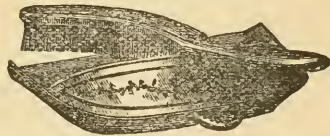
Flour, barrel, net,	196 pounds.
Honey, gallon,	12 "
Molasses, hhd.,	130 to 150 gallons,
Salt, barrel, $3\frac{1}{2}$ bushels.	
" bushel,	70 pounds.
Sugar, barrel,	200 to 250 pounds
Soap, barrel,	256 "
" box,	75 "
Tea, chest,	60 to 84 "

DINING-ROOM DOTS.

Fancy Wood Table Mats.—There are three sizes of table mats, made of stripes of light and dark wood, alternating, and fastened to strong felt cloth. When not in use they may be rolled up into a very small compass. The wood is very highly polished, and the effect is very pretty. They are very cheap, durable and decidedly ornamental.

Place for Extension Leaves.—In arranging a sink in the butler's pantry or china closet, the bottom part of it may be utilized for the leaves from an extension table, thus saving room and having them easy of access also.

Crumb Brush and Pan.—The cut represents a very neat and convenient crumb brush and pan for cleaning the table of crumbs after each course. A neat table is one of the accompaniments of a good dinner, and the debris of one course should be removed before the next makes its appearance. The curved form of the brush makes it easy to gather up the crumbs and sweep them into the pan.



Closets for Bread and Cake Box.—Under the serving board placed at side of china closet a nice cupboard may be made for the bread and cake box, and with the small board used for cutting bread etc., placed on top of the box and the bread knife in a little drawer under the board, either bread or cake can be served very easily.

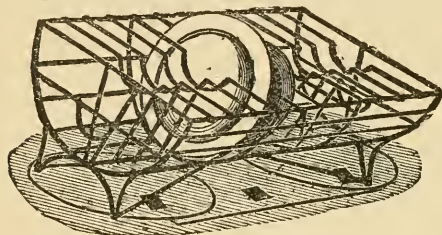


Knife and Spoon Box.—Knives and spoons ought to be daily counted and put away in box kept for the purpose. The cut represents a strong box, made of tin japanned on the outside, an apartment on one side for knives and forks and on the other for spoons. The lids fit closely and are held in place by a hasp. This insures their keeping dry and free from dust, a matter of considerable importance to the tidy housewife.



A Convenient Crumb Cloth.—An easy way of having a crumb cloth is to take two widths of the wide heavy striped linen, work button holes on one side of the width, and place buttons on one side of the other width to corres-

pond with the holes; then the widths can be placed under the table one at a time and buttoned down the center. Made in this way one can easily handle it alone, lifting one leg of the table and slipping the width under and so on, making it unnecessary to lift whole table at once; or a cloth can be made in shape of a hollow square and buttoned on one corner and slip in in same way.



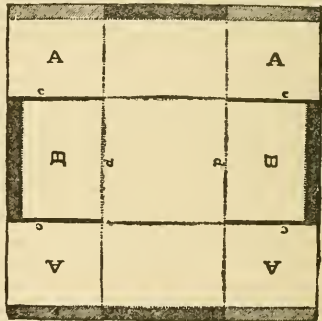
Dish Warmer.—This engraving represents a dish-warmer made of wire with feet so arranged that it may be set on a stove. Nothing spoils a good breakfast or dinner so effectually as cold plates, but when placed in the oven to heat they are very likely to be left too long, and get too hot or if fine wares, are ruined by overheating. With this heater

there is no danger of over heating, or injury. This may also be used as a dish drainer, and is equal to the best made especially for the purpose.

Tea-table Ornament.—Two goblets, or any pretty glass dishes, heaped with lumps of ice, with a border of geranium or any green leaves, make a nice decoration for the ends of the table.

Inexpensive Napkin Rings.—Cut piece of canvas size of napkin ring, only larger, so that when stitched together one end may overlap the other, and be cut in points or scrolls. Work canvas with beads, worsted or silk, as fancy may dictate, leaving space for first name or initials. Line canvas with silk-covered cardboard and bind edges with bright ribbon to harmonize with embroidery.

Paper Cases.—These are very much used now for Cheese Ramakins, Bis. cuits Glaces, Charlottes, Souffles, Ice-creams, etc., and are either round or square. Make the round ones as follows: Procure half a dozen sheets of cap or fine book paper not ruled, and make a pattern for the paper cases by fitting a band of paper to the outside of a very small tumbler, such as is used for Roman punch, or some similar small shape. The band of paper, when cut to fit, will form a curve. Cut as many such pieces as are needed from the sheets, fringe a quarter of an inch or less in depth. Make some corn starch paste very stiff, and paste the ends of the bands together, forming cup shapes, then cut around the edges, press the fringed bottom edges of the cup on the paste, the fringe bent outward, and the cups, when dry, are ready for use. For the square ones cut paper on the eight dark lines, then crease on every dotted line. At each end turn parts lettered A over that lettered B, so that the lines c rest on the line d, and one A overlaps the other. Now fold parts b up against backs of part A, and fold inward those parts of edges which are lightly shaded, and fold outward those which are heavily shaded. When this is finished stick the parts of the box together with white of an egg mixed with a little flour. This makes a perfect box, and with a little practice one may become quite an adept. By tracing a copy of diagram one obtains a good model one quarter of size case should be.



Square Paper Cases.

Dustless Side-board.—Where one does not care for any fancy display of silverware and china, the best arrangement for a side-board is one built in

side of dining room, with the upper part divided off into divisions, some with shelves and some without according to the height of articles to be put away, and each enclosed with a glass door. In this way the silver makes a pretty ornament for the room and yet is protected from dust. The back of divisions, or little cupboards, may be lined with canton flannel of any color desired. The lower part of sideboard will be utilized for the china, having little cupboards with shelves according to height of dishes, and wooden doors. Between upper and lower cupboard can be drawers for the small silver, and it is nice for spoons, knives and forks that do not come in boxes to have some of the drawers made as a *Handy Drawer* in the following manner; have them two and a half or three inches deep and about a foot and a half wide; cut a heavy pasteboard to fit inside and on it glue wooden strips made as in boughten boxes with grooves for the two ends of knives to fit in, also a single strip for table spoons, forks, etc., having in one drawer two strips for knives and one for teaspoons; in another two single strips for tablespoons; in another two for forks, etc. Cut a piece of colored canton flannel, allowing for the amount that will be taken up, when fitted into the grooves, and place over the pasteboard, having first covered the wooden strips with glue, then press the flannel well into each groove and place the article intended for each place in it, letting it remain there till it is dry. Proceed in this way till all are finished and when dry put them in their places.

Spoon Cupboard.—As near the stove or range as possible have a small cupboard, made of the same wood as kitchen is finished in, without any shelves. Have little screw hooks screwed in the back of it in rows, for large basting spoons, meat forks and any of the small articles used in cooking that can be hung up. At the bottom place the small knives and forks, and have a hollowed out shelf placed on bottom of the door, high enough up to shut in, for the table and teaspoons needed. This saves many steps and much time in fumbling through drawers.

Baking Cupboard.—In the pantry have a cupboard without shelves, beside the place used for baking, and in it have screw-hooks screwed on the sides and back, upon which to hang measures, egg-beater, cake paddles, and all small utensils used in baking. On the bottom keep the flavoring extracts, cook-book and anything else that cannot be hung up. Under this cupboard it is nice to have some small drawers for raisins, currants, boxes of spice, gelatine, etc., making them of different heights as wanted.

ICES AND ICE-CREAM UTENSILS.

An Ice-cream freezer.
A custard kettle.
A wire strainer.
A mortar and pestle.
An egg-beater.
A wooden paddle.
A lemon squeezer.
A tinned grater.

A long handled iron spoon.
A large boxwood spoon.
A jelly bag.
A crash strainer.
A porcelain lined bowl
A household scale.
A set of measures.
An Ice-cream mold.

GARNISHES AND SAUCES.

To garnish a dish well, adds very much to its appearance and the most simple dish can be made to appear much more appetizing when served, if surrounded by bits of parsley, or other green, or slices of eggs, pickles or vegetables. The time taken to garnish is only a moment or two if the garnish be a simple one, which should be the kind to use for every day, and one will be well repaid for so doing. Of course a more elaborate garnish takes longer time in its preparation. Care must always be exercised in regard to the quantity used, as a too heavy garnishing really spoils the appearance of the dish. When vegetables are used for the garnishing the garnishing knife flutes them nicely, adding much to their appearance. There are different ways of garnishing, but



the general method is to surround the article and in giving the garnishes, unless otherwise mentioned, that is what is meant. The article is sometimes placed on a bed of the garnish and sometimes around a mound of the latter, as illustrated, the chops surrounding a mound of potatoes. In serving meats, game, etc., it is also very essential to have an appropriate sauce or gravy which will enhance the flavor of the article served, and we give below such garnishes and sauces as have been used by different cooks very successfully, and one can select such as they wish or can prepare most easily. We also give some ways of preparing some of the garnishes although most of them are given in the first part of book.



Chops and Potatoes.

GARNISHES FOR CREAMS, ETC.

For Bavarian Creams.—Whipped cream.

For Blanc Mange.—Boiled custard.

For Lemon Jelly.—Parsley or smilax with a few forget-me-nots.

For Ice-cream.—Whipped cream; a meringue or a spray or two of smilax with some delicate roses.

For Orange Jelly.—Parsley, smilax or myrtle with garden pinks.

For Coffee Jelly.—Some green with bright red geraniums or roses.

For Dishes of Fruit.—Geranium leaves; rose leaves; holly leaves and berries, artificial leaves may be used but natural leaves are much preferred. Where it is possible it is nice to have the leaves of the fruit, as of apples, pears, peaches, plums, etc.

GARNISHES FOR FISH.

For Eels.—Croutons; fried parsley.

For Boiled Cod.—Croutons; potato patties.

For Haddock.—Parsley and slices of lemon alternated.

For Baked Fish.—Sliced hard boiled eggs, or egg pyramid.

For Boiled White Fish.—Spoonfuls of grated horse-radish or potato balls.

For Boiled Fish.—Slices of lemon.

For Fried Fish.—Parsley, celery, or lettuce.

GARNISHES FOR MEATS.

Boiled Bacon.—Tufts of cooked cauliflower or brussels sprouts; or place on a bed of boiled beans.

For Boiled Beef.—Sliced cooked carrots, or turnips, whole glazed onions. *Corned Beef* (hot or cold) the same, or parsley, or the tender inside leaves of lettuce.

For Broiled Beefsteak.—Ringed potatoes, squares of fried mush, sliced cucumbers, grated horse-radish, or place a poached egg on each piece.

For Fried Cold Corned Beef.—Pickled gherkins.

For Minced Beef (or any meats.)—Croutons.

For Roast Beef.—Pieces of asparagus; potato balls; glazed onions; or tufts of scraped horse-radish.

For Stewed Beef.—Tufts of cooked cauliflower or braised cabbage; force-meats or potato balls.

For Boiled Tongue, hot or cold.—Potato roses; tufts of parsley and garnish the root with a paper frill.

For Meat Hash.—Pickled cucumbers sliced in inch slices crosswise; croutons or poached eggs. *For White Meat Hash*, fried oysters, or slices of lemon. *Game Hash*, chopped sweet herbs,

For Baked Ham.—Border of beans and garnish knuckle with a paper frill.

For Boiled Ham.—Aspic jelly; parsley, or flowers cut from vegetables.

For Broiled Ham.—Poached eggs.

For Fried Ham.—Fried eggs.

For Breast of Lamb.—Cooked green pease around or under it.

For Boiled Leg of Lamb.—Cooked cauliflower or spinach.

For Braised Loin of Lamb.—Place on a bed of either stewed pease, spinach or cucumbers.

Stewed Lamb.—Strew over with stewed mushrooms or green pease.

For Lamb Chops.—Crisped parsley or place around a mound of mashed potatoes.

For Lamb Cutlets.—Place chopped spinach in center.

For Lamb Sweet-breads.—Water cresses; tufts of parsley.

For Boiled Neck of Mutton.—Slices of cooked carrots and turnips alternated; or parsnips may be used instead of the latter.

For Braised Leg of Mutton.—Braised onions.

For Roast Neck or Loin of Mutton.—Little mounds of red currant jelly. *Saddle of Mutton*, same. *Shoulder of Mutton*, braised onions or baked tomatoes.

For Boiled Leg of Pork.—Sliced cooked carrots, turnips or parsnips. *For Salt pork*, same.

For Roast Pork or a Roast pig.—Baked apples.

For Pork Chops.—Pickled gherkins, or slices of large pickled cucumbers cut crosswise. *For Fried Salt Pork*, same, or fried apples. *For Fried Sausages*, same as above.

For Pigs Feet Souse.—Slices of lemon.

For Roast Veal.—Sliced lemon and force-meat balls alternated.

For Stewed Veal.—Force-meat balls; rashers of broiled ham or bacon curled and fried; boiled carrots sliced alternated with mounds of green pease; or mushrooms and sorrel or spinach and endive.

For Veal Cutlets or Chops.—Tender leaves of lettuce; olives; breaded rashers of pork, or same as for stewed veal.

Veal Sweet-Breads.—On a bed of cooked pease.

For Boiled Calf's Head.—Egg balls, or fringed celery

For Calf's Liver.—Sliced lemon and force-meat balls, or sliced pickled beets.

For Calf's Tongue.—Aspic jelly.

For Curries.—Border of boiled rice.

GARNISHES FOR POULTRY, ETC.

For Boiled Chicken.—Sliced hard boiled eggs alternated with tufts of celery or lettuce leaves; or place on a bed of rice.

Fricassee Chicken.—Little mounds of boiled rice.

Fried Chicken.—Fried oysters alternated with lemon points.

Roast Chicken.—Crisped parsley or stuffed tomatoes.

For Boiled Turkey.—Same as for boiled chicken.

For Roast Turkey.—Fried oysters, or sausages; force-meat balls; water-cresses.

For Game.—Fresh or preserved barberries; little mounds of currant jelly; sliced oranges or lemons.

For Boiled Rabbit.—Rashers of fried ham or bacon; or parsley.

For Roast Rabbit.—A border of mashed potato; force-meat balls; water-cresses, or slices of lemon.

GARNISHES FOR SALADS.

Cabbage Salad.—Sliced hard boiled eggs.

Chickem Salad.—Sliced hard boiled eggs in rings alternated with sliced pickled beets or cucumbers.

Lobster Salad.—Same as above with the coral arranged with it; or surround with a border of cray fish.

Meat Salad.—Tender leaves of lettuce.

Sardine Salad.—Small whole sardines, or lemon points.

Salmon Salad.—Nasturtiums, buttercups, or wild roses.

GARNISHES FOR VEGETABLES.

For Artichokes.—Crisped parsley.

For Asparagus on Toast.—Sliced hard boiled eggs.

For Fried Stewed Cabbage.—Fried sausages.

For Stewed Celery.—Croutons.

For Greens.—Slices of tongue or hard boiled eggs.

For Fried Potatoes.—Parsley sprinkled with grated lemon peel.

For Stewed Peas.—Breaded rashers of bacon fried. This is also nice for beans, poached or fried eggs, and hashed calf's head.

There are many other things that will prove a pretty garnish that we have not mentioned, such as carrot leaves, borage flowers, horse-radish flowers, nasturtium flowers, and many of the wild flowers may be used. In fact one can use almost anything by exercising good judgment as to amount used, and how, when and where. A rule for those most often used would be as follows: Parsley is the universal garnish for all kinds of cold meats, poultry, fish, etc. Horse-radish for roast beef, and slices of lemon for roast veal and calf's head. Carrots in slices, for boiled beef, hot or cold. Sliced beet, or hard boiled egg for cold meat and boiled beef. Mint either with or without parsley for roast lamb, either hot or cold. Pickled gherkins, capers or boiled onions, for boiled meats and stews. Lemon points for all salads. Pickled cucumbers sliced crosswise for fried pork, sausage, hash, etc., and olives are very much used for all meats by those who like them. Where the garnish is an eatable one, a piece, slice, or bit is to be served with the article, but if not, it remains on the dish. We give also some of the preparations of different garnishes.

Lemon Points.—Cut fresh lemons in thin slices, and divide these slices into four parts. They are used as a garnish for salads and made dishes.

Egg Pyramids.—Take the inside of a stale loaf, cut into small pyramids with flat tops, and on the top of each pyramid put rather more than a tablespoon of white of egg beaten to a stiff froth. Over, this sprinkle finely chopped parsley and fine browned bread-crumbs. Arrange these on the napkin round fish, one green and one brown alternating.

Fried Bread for Borders.—Fry slices of bread cut in any fanciful shape. When quite crisp, dip one side into beaten white of an egg mixed with a little flour, and place it on the edge of the dish. Continue in this manner till the border is completed, arranging the sippets a pale and a dark one alternating.

Rashers of Pork.—Cut breakfast bacon very thin and in strips three or four inches long. Fry only long enough to become transparent, or thoroughly hot; if cooked crisp it is ruined. Serve as a garnish, or laid over beefsteak, roast beef, game, etc. For *Breaded Rashers of Pork*, dip or roll the strips in fine bread crumbs (some first dip in beaten egg) then brown nicely. May be used as a garnish for meat or vegetables.

Sorrel Garnish.—Sorrel is best plucked between May and October. Take about three pounds of sorrel, very fresh and green. Pick it nicely over and remove all stalks; wash well and drain well on a wire sieve. Chop it for quite twenty minutes. Now put into stewpan that will hold about two quarts, tablespoon of flour and one and a half of butter. Stir over the fire for three or four minutes, and then put in gill of broth, and eight minutes after, another gill. Again stir over the fire for twenty minutes. Beat up three or four eggs with one half gill of milk, in a basin; pour these on the sorrel, stirring rapidly for several minutes. It is then ready to use as a garnish.

Potato Patties.—Beat or grate to a fine flour three-fourths pound of mealy potatoes, making it moist with a small quantity of milk; put this with two ounces of butter, melted and beaten to a cream. Boil one-half pint of milk, stir it quite boiling into the potato, and stir it, holding it above the fire, into a very smooth, fine paste. Stand it on the hob and mix into it two well-beaten eggs. Let the mixture become cool, when beat it up with the yolks of four eggs; whisk the whites of these to a froth, and stir it carefully into the batter. Butter little patty shells fill with the batter and bake a deep gold yellow in a quick oven. Serve hot as a garnish with any nice dish of fish, fowl, etc. Or butter patty pans and sprinkle grated crumbs over them, then fill with the batter and bake as above.

Paper Frills and Rosettes for Cutlets, etc.—Cut a sheet of note paper into strips two inches wide, and double them lengthwise, to make the width of a knife blade. Cut the double edge into fringe a quarter inch deep. Move the edges of the paper one higher than the other, and the fringe will be bowed out instead of lying flat. Fasten the edge that way with a touch of corn starch paste made very stiff. Then roll the fringed pieces of paper around a pencil and fasten the end with paste—if to be slipped over the ends of frogs' legs; but if for cutlet bones, or ham, or tongue ends of uncertain size wrap them just before serving, and a touch of the very stiff paste will hold them in place.

To Garnish a Ham or Tongue.—Make a glaze as directed in meats, and when it softens, as glue would do, brush over the meat, ham or tongue; then when cold beat some fresh butter to a white cream, and with a kitchen syringe or a stiff paper funnel trace any design wished on the glazed surface; this makes a very handsome dish, and if the ham has been properly boiled will be very satisfactory to the palate. Or the glaze may be omitted and butter, lard, or savory jelly used, with syringe cone or funnel, just as icing is used, as described in Ornamental Icing in first part of book.

To use butter or lard treat it in the same manner as directed for jelly in same place so as to get it just soft enough to pass through the cone. Be very careful not to get it too soft or it will not stand. In warm weather add a little flour to stiffen it, but not too much, or it will not pass through the cone; when ready fill cone with it, same as for icing, and use in same manner. This ornamentation, with the addition of a little parsley, and a cut root flower or so, completes the operation of decorating the above named articles. They are sometimes further, or even altogether decorated or garnished with "sippets," (small pieces) cut diamond or triangular form, and consisting of toasted bread, aspic jelly, etc.; but this style of garnishing is usually adopted only by those who are not competent to decorate or garnish with butter, lard or savory jelly, and who are not able to cut their own root flowers. Root flowers are usually cut in the forms of roses, tulips, dahlias, etc., from white and yellow turnips, beets, and carrots, and the edges of the leaves are usually tipped with pink color, such as liquid "cochineal."

To cut root flowers, wash the roots, and for say a rose, take a good shaped turnip, pare it, cut in the proper shape, then with a sharp pocket knife (French root-flower cutters may be had of dealers in confectioner's supplies,) go all around the bottom edge, so ; then repeat this operation, so , bringing the second cuts between the first, and holding the back of the knife blade from you and the edge towards you. This causes the cuts to meet at the bottom, and then by holding the knife point down, and running it all round inside the cut the piece falls out, leaving the leaves separate and distinct. Continue this until you reach the center, so . A little practice will assist you in this particular, and you will  soon be able to make other flowers, as the principle is the same; when the flowers are cut tip the edges as above.

A Fan Garnish.—Slice small cucumbers very thin lengthwise, leaving them attached at the stem end and spread them open like little fans. These are nice for sliced cold meat, chicken or turkey.

A Fancy Garnish.—Cut the breast of a cooked turkey or chicken into slices and then, either with a round tin cutter or a knife, cut these again into shapes all alike. Make some mayonaise sauce with lemon juice, and mix with it nearly an equal amount of aspic jelly, barely warmed enough to melt it. Cover the slices of turkey in the dish with the mayonaise-jelly and set the dish in the refrigerator. Mince a slice of cooked blood-beet extremely fine and some parsley the same. Take up the slices of turkey on a fork, when the jelly is set quite firm, and dip the underside lightly into the minced parsley, and then into the beet, making them appear sprinkled over, and place as a garnish to a Turkey Galatine, or they make a nice dish in themselves, garnishing the edge with green, such as shred lettuce.

Potatoes for Garnishing.—Take potatoes sufficient in number to decorate a dish: wash, peel and cut in any form fancied—whether balls, pine-apples, stars, diamonds, etc.; let stand in salted water a little while, dry upon a towel, and place at bottom of saucepan, cover with clarified butter, bring quickly to boil, and then cook slowly till of a fine golden brown; drain and fry lightly in frying pan with butter, adding a little veal glaze. Let them be ready just in time for the dish they are to garnish. Or mash and fry in spoonfuls in a frying pan with drippings or a little butter, and place upon small collops of calf's liver or meat of any kind, or arrange them in a rim round a dish of fried sausages. Or for a *Potato Border* pare and boil fine medium-sized potatoes, mash and beat with a large fork till light as a feather; add table spoon butter, teaspoon salt, yolks of two eggs, (the whites make it more difficult to form in shape) and three-quarters of a gill of hot cream; mix well, press the potato tightly in the crown mold and let stand fifteen minutes in

a warm place; then turn out carefully on platter, brush with Pastry Glaze, brown in oven and fill center with a ragout, fricasee or whatever wished.

SUGGESTIONS FOR GARNISHES.

Garnishes should be used as freely as possible in the different dishes, making the latter inviting to the eye as well as to the palate. Mutton cutlets, for instance, neatly arranged upon the same dish with green peas or tomatoes, appear far more attractive than when dished apart from the vegetables. Fish, cold meats, fowls, etc., can be charmingly decorated with sprigs of parsley, chopped carrots, and such-like trifles. A form of blanc mange in a glass dish surrounded by crimson preserves looks doubly tempting. A roast of beef surrounded with flowrets of cooked cauliflower, alternated with slices of red beet makes a handsome dish, and the variety of garnishes are as many as the ingenuity of the cook may devise. Some of the most common for small game are dried toasted bread, slices of lemon, parsley and currant jelly; for larger game, such as wild duck, etc., cranberry sauce, apple sauce, sliced lemons or oranges and parsley, and for a goose, nothing is nicer than baked apples. For prairie chicken, an easily prepared and palatable garnish is slices of fried salt pork. It is cooked with the chicken instead of butter or lard, thus giving the latter a delicious flavor, while the pork is also flavored with the chicken; when served, a slice of pork accompanies a piece of chicken. One should not fail to try this dish, as she will find the frying *With Salt Pork* to be quite an addition.

SAUCES FOR FISH.

For Baked Fish.—Egg or vinegar sauce.

For Boiled Fish.—Hollandaise or liver sauce.

SAUCES FOR MEATS.

For Boiled Beef.—Apple, asparagus, chili, cucumber, curry or norse-radish sauce.

For Roast Beef.—Celery, drawn butter, lobster, mushroom, mustard, parsley, pickle and shrimp sauce.

For Stewed Beef.—Oyster sauce.

For Fried Beefsteak.—Brown onion, cream or roux sauce.

For Boiled Tongue.—Tartar sauce.

For Boiled Lamb.—Anchovy or Hollandaise sauce.

For Roast Lamb.—Chestnut or mint sauce.

For Boiled Mutton.—Tomato or caper sauce.

For Boiled Veal.—Celery sauce.

For Roast Veal.—Mushroom sauce.

SAUCES FOR POULTRY AND GAME.

For Boiled Chicken.—Bread or cauliflower sauce.

For Roast Chicken.—Giblet sauce.

For Boiled Turkey.—Lemon or oyster sauce.

For Roast Goose.—Apple sauce.

For Ducks.—Olive sauce.

For Game.—White or rice sauce.

EXPLANATION OF FRENCH TERMS USED IN MODERN DOMESTIC COOKERY.

Aspic.—A savoury jelly, used as an exterior moulding for cold game, poultry, fish, etc. This, being of a transparent nature, allows the bird which it covers to be seen through it. This may also be used for decorating or garnishing.

Assiette (plate).—*Assiettes* are the small *entrees* and *hors d'œuvres*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, etc., if served upon a plate, are termed *assiettes*. *Assiette Volante* is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese souffles, and different dishes which ought to be served very hot, are frequently made *assiettes volantes*.

Au-bleu.—Fish dressed in such a manner as to have a *bluish* appearance.

"Augratin."—Dishes prepared with sauce and crumbs, and baked.

Au Naturel.—Plain, simple cookery.

Bain-marie.—An open saucepan or kettle of nearly boiling water, in which a smaller vessel can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *bain-marie*, in which the water should be very hot, but not boiling.

"Baba."—A peculiar, sweet French yeast cake.

Batterie de Cuisine.—Complete set of cooking apparatus.

Bechamel.—French white sauce, now frequently used in cookery.

"Bisque."—A white soup made of shell-fish.

Blanch.—To whiten poultry, vegetables, fruit, etc., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

Blanquette.—A sort of fricasse.

"Bouchees"—Very tiny patties or cakes, as name indicates—mouthfuls.

Bouilli.—Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

Bouillie.—A French dish resembling hasty-pudding.

Bouillon.—A thin broth or soup.

Bouquet of Herbs.—Parsley, thyme, and green onions, tied together.

"Braise"—Meat cooked in a closely covered stew-pan, so that it retains its own flavor, and those of the vegetables and flavoring put with it. It is sometimes previously blanched.

Braisiere.—A saucepan having a lid with ledges, to put fire on the top,

Brider.—To pass a packthread through poultry, game, etc., to keep together their members.

"Brioche"—A very rich, unsweetened French cake, made with yeast.

"Cannelon"—Stuffed, rolled up meat.

Caramel (burnt sugar).—This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart color to sauces. Caramel made with water instead of stock may be used to color *compotes* and other *entremets*.

Casseroles.—A crust of rice, which after having been molded into the form of a pie, is baked and then filled with a fricassee of white meat or a puree of game.

Collops.—Small, round, thin pieces of tender meat, or of fish, beaten with the handle of a strong knife to make them tender.

Compote.—A stew, as of fruit or pigeons.

Consomme.—Rich stock, or gravy, or clear soup or *buillon* boiled down till very rich—*i. e.*, consumed.

Coulis.—A rich brown gravy, employed for flavoring, coloring, and thickening certain soups and sauces.

Croquette.—Ball of fried rice and potatoes, or a savory mince of fish or fowl, made with sauce into *chapes* and fried.

Croutons.—Sippets of bread.

Croustades.—Fried forms of bread to serve minces or other meats upon.

Daubiere.—An oval stewpan in which *daubes* are cooked; *daubes* being meat or fowl stewed in sauce.

Desosser.—To *bone*, or take out the bone from poultry, game, or fish. This is an operation requiring considerable experience.

En Couronne.—Said of chops, cutlets, etc., when they are arranged round a central mass of vegetables, as mashed potatoes, or rice, which they encompass after the manner of a garland or wreath.

Entrees.—Small side or corner dishes, served with the first *cours*

Entremets.—Small side or corner dishes, served with the second course.

Feuilletage.—Puff paste.

Flamber.—To singe fowl or game, after they have been picked.

Foncer.—To put in the bottom of a saucepan slices of ham, veal, or thin broad slices of bacon.

Fondue.—A light preparation of melted cheese.

Fondant.—Sugar boiled, and beaten to creamy paste.

Fricassee.—Chickens, etc., cut in pieces, in a white sauce, with truffles, mushrooms, etc., as accessories.

Galette.—A broad thin cake.

Gateau.—A cake, correctly speaking; but used sometimes to denote a pudding, and a kind of tart.

Gaufres.—A light spongy sort of biscuit.

Glacer.—To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called *glaze*. This is laid on with a feather or brush; and in confectionery the term means to ice pastry and fruit with icing which glistens on hardening.

Glaze.—Stock boiled down to the thickness of jelly and employed to improve the look of braised dishes.

Gratin.—A French force-meat usually of poultry.

Hollandaise Sauce.—A rich sauce, something like hot mayonnaise.

Hors D' oeuvre.—Small dishes or *assiettes volantes* of sardines, anchovies and other relishes of this kind served during the first course.

Lit.—A bed or layer; articles in thin slices are placed in layers other articles or seasoning, being laid between them.

Maigre.—Broth, soup or gravy made without meat.

Marinade.—A liquor of spices, vinegar in which fish and meats are steeped without cooking.

Maletole.—A rich fish stew, which is generally composed of carp, eels, or trout. It is generally made with wine.

Mayonnaise.—A rich salad dressing or sauce.

Menu.—Bill of fare.

Meringue.—A kind of icing, made of white of eggs and sugar well beaten.

Miroton.—Larger slices of meat than collops; such as slices of beef for a *vinargrette* or ragout or stew of onions and dished in circular form.

Mouilier.—To add water broth or other liquid during the cooking.

Nougat.—Almonds candied.

Pouer.—To cover over with very fine crumbs of bread, meat, or any articles to be cooked on the gridiron, in the oven, or frying pan.

Pate.—A small pie.

Piece De Resistance.—The principal joint of the dinner.

Requer.—To lard with strips of fat bacon, poultry, game, meats, etc. This should always be done according to the vein of the meat so that in carving you slice the bacon across as well as the meat.

Poelee.—Stock used instead of water for boiling turkeys, sweetbreads, fowls and vegetables, to render them less insipid.

Poulette Sauce.—A bechamel sauce, to which white wine and sometimes eggs are added.

Puree.—Vegetables or meat reduced to a very smooth pulp which is afterwards mixed with enough liquid to make it of the consistency of thick soup. Sometimes the liquid is omitted.

Ragout.—A rich, brown stew, with mushrooms, vegetables, etc.

Remoulade.—A salad dressing differing from mayonnaise, in that the eggs are hard-boiled, and rubbed in a mortar with mustard, herbs, etc.

Rissoles.—Pastry made of light puff-paste and cut into various forms and fried. They may be filled with fish, meat or sweets.

Roux.—A cooked mixture of butter and flour, for thickening soups and stews. There is both the brown and white.

Salmi.—A rich stew of game, previously half roasted.

Sauce Piquante.—A sharp sauce, in which somewhat of a vinegar or lemon flavor predominates.

Sunter.—To dress with sauce in a saucepan, repeatedly moving it about.

Stock.—The broth of which soups are made.

Souffles.—A very light, much-whipped-up pudding or omelette.

Tammy.—Tammy, a sort of open cloth or sieve through which to strain broth and sauces, so as to rid them of small bones, froth, etc.

Timbale.—A sort of pie in the mold.

Tourte.—Tart, Fruit pie.

Trousser.—To truss, a bird; to put together the body and tie the wings and thighs in order to round it for roasting or boiling, each being tied with strong thread or held by skewers, to keep it in required form.

Vol-au-vent.—A rich crust of very fine puff paste which may be filled with various delicate ragouts or fricassees of fish, meat, or pork. Fruit fresh or preserved may also be enclosed in a vol-au-vent. Small vol-au-vents are made as tarts.

Cider Vinegar can be made easily and quickly if the following directions are followed: When cider is made, save the pomace and put it in tight barrels or hogs-heads, with one head out, and put in enough rain water to cover it. After it has begun to ferment, draw off from the bottom all that you can, dilute the cider with it, and nearly two barrels of vinegar can be made of one of cider. Do not fill barrels in which the cider vinegar is to be made quite full, as there should be a space for air. Put into each barrel one or two pounds of bread dough, in the condition it is in when kneading out into loaves. Once a day, for a few weeks, draw out from each barrel a gallon of the cider and pour it into the bung-hole, so as to get air into it. A quart or two of molasses are recommended as a help, and beech shavings and brown paper are often used to hasten the acetic fermentation; but we think the bread dough is best. If the vinegar is made in summer, it may be made out of doors; but late in the fall it should be in a room where the temperature can be kept up to 70 or 80 degrees by stove heat.

Corn Vinegar.—Boil one pint shelled corn in one gallon rain water till the grains burst, put it in a stone jar with the water in which it was boiled, adding sufficient rain water to make a gallon. Add pint of syrup (sugar cane is best as it is not so likely to be adulterated) and tie a piece of cheese cloth, or two thicknesses of mosquito netting over jar. Keep in a warm place one month, then pour off vinegar in a jug, putting in half the mother and it is ready for use. More can be made of same corn, by covering it with rain water adding the half of the mother and a gill of syrup and let stand as above one month. Tie a thin cloth over jug of vinegar instead of corking it and keep in a dry place not too cold. This costs about seven cents a gallon and is said to be richer and better flavored than the best cedar vinegar and is equally good for most purposes.

Economical Vinegar.—After washing the fruit, discarding all that is rotten, place the peelings of apples, pears, peaches or quinces in a stone crock. If you use any crab apples, put them in too; boil pure rain water and pour hot over them; if in cold weather they can stand several weeks then place in a porcelain kettle, covering them with water to the depth of two inches; set on stove, let them boil for half an hour, strain through a collender, let the juice stand until it settles, then add enough molasses to make a pleasant taste; now pour it into the keg or vinegar barrel that has been prepared with a hole for faucet in the end of the barrel at the lower side, made the size of faucet; it should be one inch from the stave, so that it can be easily cleansed

with a wet cloth wrapped around the finger and passed under the faucet. The bung hole ought to be in the upper side of barrel equally distant from each end. Take cork out of bung hole, or if none in barrel make one, and cover it with a piece of mosquito netting or other very thin material; paste can be put around the hole, and the cloth put on it, or tack it on with small tacks—either will do, for you have to lift up one corner so as to place the funnel in when you wish to add more juice. Here in Minnesota, many apples are used in the winter. All the peelings and cores can be saved, by placing them in a crock, pouring water over them, keeping them until crock is full. Then boil and proceed as above. Add one pint alcohol to eight or ten gallons of juice, or if you can get boiled cider add one gallon of that. If starting the vinegar in the fall while making jelly, marmalade, etc., save all the waste juices, place in a crock and add to the vinegar. If you can get a little "mother" from an old keg of vinegar, it helps start it more quickly, or put a cup of good sponge made ready for bread into a four gallon jar of juice, letting jar stand in the sun with a thin cloth tied over it for a few weeks; then pour into keg. In putting the juice into keg let some of the settlings run in, as this furnishes yeast for the vinegar. If you have a large quantity of juice to start with, a good proportion is to eight or ten gallons of juice take one gallon of molasses, one pint alcohol. If at any time it needs more sweet, you can add molasses. Cold tea can be added, but never coffee, as that makes the color too dark. After the meal is over, fill the teapot with hot water, set on stove to steep; when sufficiently steeped pour into the vinegar. The excellence of the vinegar is that you know all the ingredients in it, and of every apple that is eaten the peeling can be used. Teach the help to save all the peelings when she makes apple or peach sauce, and even when one or two apples are pared save the peeling.

A young housekeeper once had half a barrel of excellent vinegar, which her husband had brought from the store. As it was old and had many settlings in it, she thought she would clean it, so pouring it out, she rinsed her barrel thoroughly with hot water, then strained the vinegar through a flannel cloth, and replaced it in the barrel. Some time afterward she drew out some of the vinegar, but it had lost all its good taste and was covered with a white scum. She was sorely vexed, but an old friend coming in at the time, told her she had thrown away the life of the vinegar. Had she kept some of the settlings (which is the yeast of the vinegar) and the *mother*, putting them in the barrel when she replaced the vinegar, all would have been right. Happily her friend had plenty of old vinegar and gave her a pail of settlings and *mother* to add to the vinegar. In years *mother* will accumulate, so that it is necessary to throw some away. In such cases always keep some of the large pieces of *mother* and some of the floating particles (a funny writer has called this the *father*), and some settlings to put in the vinegar, after it is returned to the barrel. While the vinegar is making it should never be more than half full; after it is good vinegar small quantities of juice, either hot or cold, can be added until the barrel is two-thirds full. A better way is to have a second keg into which pour the fresh juices with a little molasses, (but no alcohol), and as the good vinegar is used out of the barrel it can be replenished from keg. Or, having no keg, draw off one or two gallons or good vinegar into a jug for immediate use, then add the fresh juices, as you may have it, to barrel. By the time vinegar in jug is used all will have become good in barrel and ready for use. These things remembered and practiced will always insure good vinegar. Sometimes vinegar barrel will leak around the chine, when it is inconvenient to change barrel. To stop the leak, take equal parts of tallow (beef or mutton) and wood ashes. Mix well (in cold weather you may have to warm the tallow), then with a narrow bladed knife spread it around the chine, pressing it firmly into the crack and making it smooth on surface. This has kept vinegar from leaking for months and years. If

wanted extra nice *clarify molasses* by heating it over the fire and pour in one pint of sweet milk to each gallon of molasses. The impurities rise in scum to the top, which must be skimmed off before the boiling breaks it. Add the milk as soon as molasses is placed over the fire, mixing thoroughly with it.

Gooseberry Vinegar.—Mash two pecks quite ripe gooseberries in a tub with a mallet and add six gallons water, about milk warm; let stand twenty-four hours, then strain through a sieve, add twelve pounds sugar stir well, and put in nine gallon cask; if not quite full more water must be added. Stir the mixture from bottom of cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bung-hole, and set the cask in a warm place, *but not in the sun*; any corner of a warm kitchen is the best place for it. The following spring it would be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who have their own fruit. Let remain in cask nine months.

White Pepper.—This is better to buy than the black. It is the produce of the same plant as that which produces the latter.

FRUITS.

Apples.—The varieties of apples are almost innumerable, and some kind can be had almost the entire year. First fruit received in the north comes from Tennessee about June 1st. Southern Illinois furnishes some June 15th, and from this time apples are ripening in all sections of country. Early apples are Red Junes, Early Harvest—both tart—Maiden Blush, Red Streaks, Strawberries, Porters, Golden, Ben Davis and Pippins. Pippins are good for pies and also for eating. Later in the fall the Rhode Island Greening is the best for cooking. None of our fruits are brought to such perfection, or may be preserved with such ease through the winter. The best eating apples are the Spitzenberg, Bell-flowers, Ben Davis, Northern Spy, Winter Pippin, Red Astrakan, Greening, Vandevere, Pound Sweet, Roxbury Russets and Willow Twigs.

Apples to Keep.—For keeping late in spring the Baldwins, Northern Spy, Greenings and Win-Saps are good; our experience being in favor of the last named. The Ben Davis and Bell-flowers are good cooking apples yet the latter can generally be bought without specifying the kind. The hard acid kind, are unwholesome if eaten raw; but by the process of cooking the greatest part of the acid is decomposed and converted into sugar, a process which takes place naturally in the sweet kinds, as the fruit ripens. As more than half of the substance of apples consists of water, and as the rest of the ingredients are not of the most nutritive kind, this fruit, like most fruits, is less of a nutrient than a luxury, and an aid to digestion. When cooked they are slightly laxative, and therefore a useful adjunct to other food. They are nice cooked without paring them. Wipe clean, nearly cover with water, add a little sugar, and stew until tender, then put in a slow oven and bake until brown. The peel of the apple imparts a rich flavor. Apple sauce made in the usual way, after being sufficiently stewed, if put into a slow oven and baked an hour or so is greatly improved.

Grapes.—These ripen according to locality, from the 1st of September until November, and, when carefully kept, a month or two longer. We have also the luscious foreign grapes, raised in hot and cold graperies from

April until December, among which are the Black Hamburg, White Muscat, White Sweetwater, Tokays, etc. The Syrian, a white species produces the largest clusters. The White Malaga, of foreign growth, is found throughout the winter where imported fruits are kept. *Fox or wild grapes* are abundant from the middle of August to November; they are round and soft, with a pleasant, tart taste, and are used for pies, preserves, etc.

Lemons.—Are fruit that keep well and may be had almost any season of the year, but are more plenty and cheaper in the Spring. Messina lemons are the best. Little success has been had raising lemons in Florida, better in California, but the Messina has for many years been considered the best.

Oranges.—California Riverside oranges are the cleanest and finest fruit raised; but the finest oranges that are shipped to Northern cities are from Florida. They begin to pick them about November and the crop is all marketed by February first. California fruits are picked in December and the bulk is marketed in March and April; the fruit is plentiful and stays on trees until March or April in perfect condition. Can be had in market until late in June. The finest variety of all oranges is the Navel which is luscious, sweet and without seeds. The Paperskins, and Budded or Grafted oranges are also good. Fruit from Los Angeles, Santa Anna, and San Bernardino is inferior to that from Riverside because of the Ocean fogs blackening them while on the tree, and the process of cleaning brushing, etc., injures them, and they do not keep so well. The importation of Messinas begins in March, and after May the market is supplied largely with this fruit. This was formerly considered the finest fruit, but it has lost its prestige and importation at present time are not over one-third what they were. Louisiana oranges come late in the season—October and November, but are not considered as good as the other varieties; large and yellow, but coarse, inferior and apt to have strong seeds, peculiar sour bitter taste, etc. Some seasons the fruit matures better than others and is quite palatable.

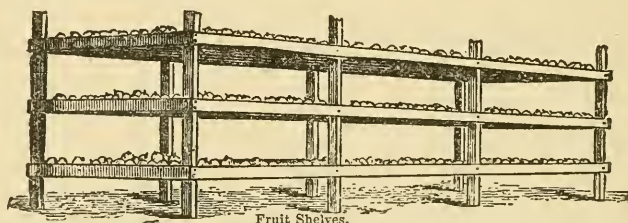
Peaches.—This fruit can be grown in about any temperate climate and is raised from Gulf of Mexico to Illinois, Indiana and Ohio, and can be obtained from middle of May to first of October. First comes from Mississippi, as they begin to pick May 1st. From Tennessee 10th to 15th of June; Southern Illinois, July 1st; California, July 1st; Michigan, August 15; Maryland, August 15th. California and Mississippi fruit do not rank high on account of being picked green for distant shipments. No really fine peaches are obtained until the Maryland and Michigan crop come in. These peaches are harder and will stand longer shipments and are considered one of the finest fruits.

Pears.—May be had from July until well into the winter. The finest of this fruit comes from California, although some fine pears may be had from Western New York and Northern Ohio.

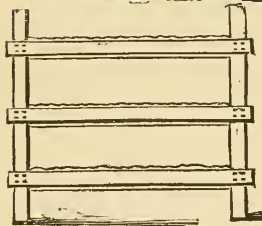
Salads.—For these procure mustard and cress, borage, chervil, lettuce, parsley, mint, purslane, chives, burnet, nasturtium leaves and buds, fennel, sorrel, tarragon, corn salad, dandelions, chicory, escarole, water cresses, green onions, celery, leeks, lettuce, very young spinach leaves, the tender leaves of oyster plant, fresh mushrooms, young marshmallow shoots, and the fresh sprouts of winter turnips; also radishes, cucumbers, onions, cabbage, very young turnips, green peppers, and fresh tomatoes. Salad vegetables which can be cooked and allowed to cool and then made into salads, are potatoes, beets, carrots, cabbage, cauliflowers, turnips, kohlrabi, artichokes, string beans, green peas, asparagus, Brussel sprouts, spinach, dried haricot beans, Lima beans, lentils, and leeks; among the fruits are apples, pears, oranges, lemons, muskmelons, currants, gooseberries and barberries.

Raising Tomato Plants.—Take building paper (any thick paper will do), cut in pieces eleven inches long and three wide; lay one end over the other and fasten; and fill with dirt after setting in a dish, (an old waiter is good). Put only one seed in a cup and when large enough to transplant, cut the thread which holds the cup together and set the cup with the dirt and plant in the ground, leaving the cup around the plant to keep cut worms away.

Vegetables.—Put into a vessel of any kind, and then pour on a solution of one ounce of salicylic acid to four gallons of pure soft, cold water with one pound salt. All *Salad Vegetables*, such as lettuce, celery, etc., keep best in a cool dark place; it is not necessary to keep them in water; in fact it is undesirable; after they are well washed they should be loosely wrapped in a wet cloth and laid on or near the ice in the refrigerator: if there is no ice they can be fairly well preserved by the following method; in a wooden or heavy pasteboard box lay a large towel entirely saturated with cold water, and after the salad is washed wrap the towel about it to exclude the air, close the box, and keep it in a cool, dark place. Every night and morning wash the salad; removing all decayed leaves, wash the towel in clean, cold water without wringing it, and again wrap the salad in it, and put it away in the box. In this way the most delicate salad vegetables may be kept fresh for several days, even in summer.



Fruit Shelves.



Fruit Shelves, made of slats two inches wide and placed one inch apart, should be put up with equal care and neatness, and with equal regard for convenience and easy access. Their place should be the most airy part of the cellar; the proper width is about two feet, and the distance apart about one foot, with the lowest shelf one foot from the floor. Pears will ripen nicely on the lower shelves under a cover of woolen blankets. The support should, of course, be firm and strong. The bottom shelf should be of one board, on which to scatter fine fresh lime to the depth of an inch, changing it two or three times during the winter. Or pack in grain, barley, etc., so they will not touch, or if fruit is fine, wrap each apple in paper and pack in boxes, or glazed jars with covers. Or when packed right from the tree, hand pick them and put them in dry flour barrels, pressing them down closely and heading them up. Let them stand under a shed until cold weather sets in, and then remove to a dry cellar, or some place where they will not freeze. Care must be taken that none but perfect fruit is barreled. Another method is to sprinkle a layer of saw-

dust, not that from resinous woods, on bottom of a box, and then a layer of apples placed in so that they do not touch each other. Upon this place a layer of saw-dust, and so on till the box is filled. The boxes, after being packed in this way, place in the cellar up from the ground, where they will keep perfectly, retaining their freshness and flavor until brought out, or any grain as oats, barley, etc., may be used or paper thus used will keep them nicely either in box or barrel. After apples are opened it is well to look them over, handling them *very carefully*, once or twice a month, removing all the least imperfect.

The following wholesale way where there is plenty of material, is as follows; Buckwheat chaff is first spread on the barn floor, and on this chaff the apples are placed, when they are covered with chaff and straw two or three feet in thickness. Let remain till spring. It would be better to make layers of apples and chaff or be careful to fill all the interstices well with chaff. The covering and bedding in chaff has several important advantages—it excludes cold, prevents air currents, maintains a uniform temperature, absorbs the moisture of decay, and prevents the decay produced by moisture.

Cranberries—will keep all winter in a keg of water, changing water twice a week; or place them in tub or keg, without water, let them freeze and keep them frozen. When any are wanted to use, put them in a little cold water and cook at once. Or a safer way is to can them when purchased, sweetening to taste, and then if any are wished sweeter or “jellied” for company, sugar can be added and fruit cooked longer when can is opened.

Fruit.—Take fruit as soon after being picked as possible, see that it is sound and clean, pack it tightly into the jar, bottle or keg; shake it down well so as to completely fill the vessel, then pour on the following solution: $36\frac{1}{2}$ grains of salicylic acid to six ounces of white sugar and one quart of *pure, soft, cold* water.

That fruit can be preserved for a long time in a frozen state, and even in a non-frozen state, so long as the temperature does not exceed 32 deg., is a well-known fact. But it is equally well known that articles so preserved lose flavor every day after they are so stored, and that when exposed afterward to an ordinary temperature they perish almost immediately. In placing fruit on ice, the main thing to observe is not to pack it in any way or to wrap it in anything. It should be placed on a tray or in a tin box with a lid to keep off drip, but each fruit should be set out singly by itself and not come in contact with its neighbors, and great care should be used to prevent bruising, as that will greatly hasten decay when the fruit is taken out. It is not needful to bury the boxes quite in the ice; but they may be set in it with the lid of the box above the surface, so that all of the fruit can be got without trouble. Peaches, nectarines, melons, pineapples, figs, and other soft fruits that do not keep long, succeed best preserved in this manner.

Gathering Fruit.—The right time is just as they are beginning to fall from the trees. Observe when the apples and pears are ripe, and do not pick them always at the same regular time of the year, as is the custom with many. A dry season will forward the ripening of the fruit, and a wet one retard it, so that there will sometimes be a month's difference in the proper time for gathering. If this is attended to the fruit will keep well, be plump, and not shrivelled, as is the case with all fruit that is gathered before it is ripe. The mode of gathering is to give them a lift, so as to press away the stalk, and if ripe they readily part from the tree. Those that will not come off easily should hang a little longer; for when they come off hard they will not be so fit to be stored, and the violence done at the foot-stalk may injure the bud there formed for next year's fruit. Let pears be quite dry when pulled, and in handling avoid pinching fruit, or in any way bruising it, as those

which are hurt not only decay themselves, but presently spread infection to those near them; when suspected to be damaged, let them be carefully kept from the others, and used first; as gathered, lay them gently in shallow baskets. When possible gather in the middle of a dry day. Plums readily part from the twigs when ripe; they should not be much handled, as the bloom is apt to be rubbed off. Apricots are ready when the side next the sun feels a little soft upon gentle pressure with the finger; they adhere firmly to the tree, and would over-ripen on it and become mealy. Peaches and nectarines, if moved upwards, and allowed to come down with a slight jerk, will separate, if ready; and they may be received into a tin funnel lined with camton flannel, so as to avoid touching with the fingers or bruising. A certain rule for judging of the ripeness of figs is to notice when the small end of the fruit becomes of the same color as the large end. The most transparent grapes are the most ripe. All the berries in a bunch never ripen equally; it is therefore proper to cut away the unripe or decayed berries before presenting the bunches at table. Autumn and winter pears are gathered, when dry, as they successively ripen. Immature fruit never keeps so well as that which nearly approaches maturity. Winter apples should be left on the trees till there be danger of frost; they are then gathered on a dry day.

Grapes.—They must not be too ripe. Take off any imperfect grapes from the bunches. On the bottom of a keg put a layer of bran that has been well dried in an oven or in the sun, then a layer of grapes, with bran between the bunches, so that they may not be in contact. Proceed in the same way with alternate layers of grapes and bran, till the keg is full; then close the keg so that no air can enter, or use paper, never newspapers, instead of bran and cover all with several folds of paper or cloth. Nail on the lid and set in a cool room where it will not freeze. Use small boxes so as not to disturb more than wanted to use in a week or so. Give each bunch plenty of room so they will not crowd. The grapes should be looked to several times during the winter. Should any mold or decay remove them and repack the good ones again. A warm day is considered the best time to gather if you live neath your own "vine and fig tree" and some place them in a cool shady place for two or three days, then pack as above, and pasteboard boxes can be used. Others cut off the end smoothly from the vine and dip in melted sealing wax, so that no air can get in or juice run out, let stand a day to see if perfectly sealed, (if not they will shrivel up) then pack in boxes as above, with either bran, sawdust (dry), cotton batting or paper, with the latter sometimes wrapping each bunch separately; or a barrel hoop suspended from the ceiling by three cords, from which grape stems are hung by means of wire hooks attached to the *small* end, sealing the other with hot sealing-wax, each stem free from contact with its neighbors, is said to be the best contrivance for keeping grapes. The imperfect grapes must be removed, and the room must be free from frost, and not dry enough to wither them or too moist. The simplest way to keep grapes is to place them in drawers holding about twenty-five pounds each, piling the boxes one over another. A few fine clusters for special table purposes may be preserved by cutting the bunches late in the season, but in good condition and on a piece of the vine. Wax one end of the stem and put the other through a cork into a vial of water containing a layer of charcoal; make the cork around the vine tight with beeswax; then place the whole in a cool room with an even temperature. The *Chinese Method* consists in cutting a circular piece out of a ripe pumpkin or gourd, making an aperture large enough to admit the hand. The interior is then completely cleaned out, the ripe grapes are placed inside, and the cover replaced and pressed in firmly. The



HOW TO USE MEATS.

1. Represents the rump or upper part of hind leg, good for pot roasts; beef a la mode; corned beef and rump roasts, also makes splendid soup; $12\frac{1}{2}$ cts. Prices vary but are relatively the same.

2. The "round," the under part of which makes steaks, the outside lean soup meat or good corning pieces, or the whole is very choice for dried beef; 15 cts.

3. The "shank," of which the upper part is the muscle of the leg, solid meat and good for soups; $12\frac{1}{2}$ cts.

4. "Rump steaks"; 16 cts. 5. "Veiny piece" for dried beef and corning; 14 and 15 cts. 6. Sirloin steaks; 18 cts.

6 and 8. Between these numbers over the thigh joint are the tenderloin steaks; 20 cts.

7. The flank for curing or stews 6 cts., and in it lies the flank steak, best and juiciest steak there is; when purchasing it do not have it scored as is usually done; just remove fat and skin; $12\frac{1}{2}$ cts.

8. Porterhouse steaks, those lying next to tenderloin steaks being the best, of course; 18 cts. Cutting the steaks in this way a part of the tenderloin, the most tender bit of the beef, lies in the sirloin, and a smaller part in the upper part of the porterhouse steak. The lower half of the cut gives us the

FORE-QUARTER.

1. Rib piece for boiling or corning.

2. Plate piece for corning; 8 cents fresh.

3. Shank for soup bone, weighs 10 pounds; 35 cents entire.

4. Lower part of the division are shoulder pieces for stewing and pot roasts; 10 cents. Upper part used for same purpose, but better pieces of meat; $12\frac{1}{2}$ cents. In the upper part of 4, between 4 and 8 is what is called the shoulder joint for soup meat; 10 cents a piece.

4. In the end of four next 1, is the "shoulder clod" which makes No. 1 pot roasts; $12\frac{1}{2}$ cents.

5. Rib roasts; first cut and best, 15 cents.

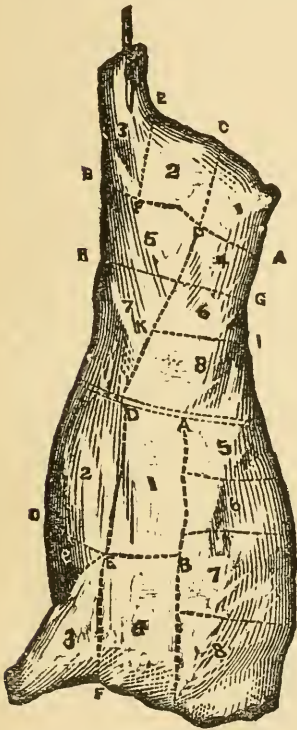
6. Rib roasts; second cuts, 14 cents.

7. Chuck rib roasts first next to rib roast and best, 14 to 15 cents.

8. Upper part, or next 7, are shoulder roasts, generally used for pot-roasts; $12\frac{1}{2}$ cents.

8. Front part is the neck, good for stews, mince, corning and soup meat; 8 cents.

9. The brisket, extending under the shank (3). This makes stews, braises, corned beef, etc; 8 cents.



Curing Meats.

The manner in which salt acts in preserving meat is not difficult to understand. By its strong affinity, it, in the first place, extracts the juices from the substance of meat in sufficient quantity to form a saturated solution with the water contained in the juice, and the meat then absorbs the saturated brine in place of the juice extracted by the salt. In this way, matter incapable of putrefaction takes the place of that portion in the meat which is most perishable. Such, however, is not the only office of salt as a means of preserving meat; it acts also by its astringency in contracting the fibres of the muscles, and so excludes the action of air on the interior of the substance of the meat. The last mentioned operation of salt as an antiseptic is evinced by the diminution of the volume of meat to which it is applied. The astringent action of *saltpetre* on meat is much greater than that of salt, and thereby renders meat to which it is applied very hard; but in small quantities, it considerably assists the antiseptic action of salt, and also prevents the destruction of the florid color of meat, which is caused by the application of salt. Thus, it will be perceived, from the foregoing statement, that the application of salt and *saltpetre* diminishes, in a considerable degree, the nutritive, and, to some extent, the wholesome qualities of meat; and, therefore, in their use, the quantity applied should be as small as possible, consistent with the perfect preservation of the meat. In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, a less quantity of salt and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed, which could not be adopted by the curer of immense quantities of meat. Sugar, which is well known to possess the preserving principle in a very great degree, without the pungency and astringency of salt, may be, and is, very generally used in the preserving of meat for family consumption. Although it acts without corrugating or contracting the fibres of meat, as is the case in the action of salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preservative effect, without the addition of other antiseptics, would impart a flavor not agreeable to the taste of many persons. It may be used, however, together with salt, with the *greatest advantage* in imparting mildness and mellowness to cured meat, in a proportion of about one part by weight to four of the mixture; and, perhaps, now that sugar is much lower in price than it was in former years, one of the obstructions to its more frequent use is removed.

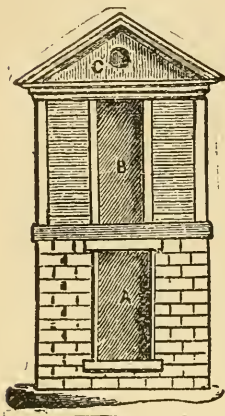
Philadelphia Hams.—Lay hams to be cured on a slanting board, and rub with fine salt. Let them lay forty-eight hours; then wipe off the salt with a dry towel, and to each ham take a teaspoon of powdered *saltpetre* and a dessertspoon of coarse brown sugar and rub well to the fleshy parts; then pack in a tub, skins down; sprinkle between each layer with a little fine salt. In five days cover them with a pickle made as follows: To one gallon of water take one and a half pounds of coarse sugar. Let them lay five, six or seven weeks, according to size. Hang them up to dry several days before smoking. The pickle should stand and be skimmed, and must be cold.

Pickled Pork.—Some put it up successfully in this way. Take a tub, largest at the bottom and tapering to the top, large enough to hold the year's supply; when packed as it should be, the meat will not rise to the top, the

slant of the tub holding it down. It should be packed edgewise, in regular layers, as solid as possible. After putting a layer of salt in the bottom of the tub and pounding down the meat with a maul, fill the interstices with salt; then alternate layers of meat and salt till the tub is full. Fill up with pure water. If the barrel is sweet, the salt pure, the meat sound, there will be no damaged pork, nor will skimming and scalding the brine be necessary to have sweet pork the year round. For putting down a small amount in a stone jar, completely cover the bottom of a large stone jar (one that will hold five or six gallons or more) with salt. Cut side meat in strips four or five inches wide and pack in a jar on the edge placing the skin next the jar; lay it round close as possible till the bottom of the jar is full, cover this completely with salt, and so on till the jar is full. Then make a brine strong enough to bear an egg; pour over meat till it is covered. Meat if put up this way will keep till late in fall and taste nearly as nice and sweet as fresh meat.

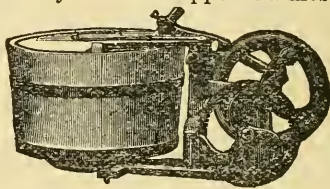
Trying Lard.—When the leaf lard is taken from the hog, it should be placed in a clean tub. If any pieces are bloody they ought to be placed in lukewarm water, letting them remain until thoroughly cleansed, then drain well and use with the other lard. The leaf lard can be cut up in pieces an inch square. Have kettle on fire on stove with a little water, to which add the cut up lard, letting it heat gradually; stir with a wooden stick (hickory or maple) or a long handled iron spoon. The fat pieces of meat, which are also used for lard, are cut in same manner, after taking off the skin, and added to the leaf lard in kettle. The skins should be laid by themselves to be tried out after the lard is done. While the lard is trying, as soon as the water is all boiled out, which can be told by the clearness of the fat (when there is water, it has a slightly milky appearance) you can begin dipping off the clear lard and straining it into the vessels ready for its use (stone crocks are best). Some think the quality of the lard is improved by sprinkling over and slowly stirring in one tablespoon of soda to every five gallons of lard, just before removing from the fire. After adding soda, the kettle must be removed from the stove, and watched closely, and stirred constantly, as it foams rapidly, and is very likely to run over, and if on stove, is likely to take fire. Do not take out the pieces of meat until well done. Be careful not to let it burn; it is very easily scorched just at the last; when finished, the cracklings should be of a light brown color. A good way to strain it is to place a towel over a colander, dip the lard into it, when sufficient is in, two persons, one at each end, can twist the towel until all the lard is out. Put the cracklings in a vessel, dip out more lard; continue this way until all the lard is disposed of. Set the jar in a cool place and stir it frequently with the wooden spoon, so as to insure the cooling of the center as quickly as the outside; this prevents the lard from becoming frowy in the middle; or set the lard in milk pans to cool. When cold, cut out, place in jars and pour over it melted lard almost cold until it is smooth on top. When ready to set away place a cloth (linen is the best) over it, with one or two inches of salt on top of cloth; then cover the jar with thick cloth or paper, set in a dry, dark place. The web always needs to be soaked in lukewarm water overnight, then drained well, after which it can be cut up and tried with the other lard. It is used by the best housekeepers for clean lard. That from the smaller intestines, and the flabby pieces, not fit for salting should be thrown into lukewarm water and allowed to stand for twenty-four hours, and then should be tried by itself, and the lard set away where it will freeze, and, by spring, the strong taste will be gone. A teacup of water prevents burning while trying. The skins can be cut into pieces two or three inches square, placed in a large dripping pan and set in the oven to try out, as they are apt to burn or stick to the kettle; stir them often, do not let them burn. They yield quite an amount of fat which is always useful in a family: then the skins themselves make good soap grease.

Smoke-houses.—This is one of the nicest arrangements for smoking meat that a model farm can have, as it makes a safe receptacle for ashes and also smokes meat when wanted; but a good and cheap smoke house quickly and easily made is to dig a trench about three feet long, and one half foot wide, cover it with brick, and then dirt; at one end of the trench dig a hole about two feet deep, and large enough to set an old kettle or something to hold the fire, at the other end of the trench, place a barrel, (with top heads out), put a stick across the top, on which to hang the meat; cover the barrel with old carpet, or anything to hold the smoke in. Or take an old hogshead, stop up all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-sticks, introduce the iron pan in the opening, and place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain forty hours, and keep up a good smoke.



Sausages.—To make these easily and perfectly a meat chopper is almost indispensable. It is also of great help in making mince-meat.

Beef Sausages.—Chop very fine three pounds very lean beef with a pound and a half suet. Season with powdered sage, allspice, pepper and salt and force the meat into skins that have been thoroughly cleansed, or make into cakes.



Meat-Chopper.

Bologna Sausage.—Six pounds lean pork, three of beef, two of suet, four ounces salt, six tablespoons black pepper, two tablespoons cayenne pepper, two teaspoons cloves, one teaspoon allspice, and one minced onion; or season to taste. Grind the meat and mix well with the seasoning; pack in beef skins, tie both ends tight, and lay in strong brine for a week, then change into a new brine for another week, turning them frequently. Take them out, wipe dry, and smoke them; rub the surface with butter, and hang in a cool dark place. Or take equal quantities of bacon (fat and lean), beef, veal, pork, and beef suet, grind together, season with pepper, salt, sweet herbs, sage rubbed fine, and spices if liked and sifted bread crumbs or boiler rice is sometimes added, though this is not done when the sausage is wanted to keep any length of time. Fill skins and prick them; boil gently an hour, and lay on a straw or hang up to dry. May be smoked as above. An equal weight of ham, veal and pork, highly seasoned and boiled in casings till-tender, then dried, makes very nice Bologna sausage also, and they are often made of beef and pork alone, using proportion of about one third pork to two-thirds beef. Season to taste and put up as above. A nice way of serving is to cut into slices not quite a quarter of an inch thick, skin them and lay them lapping over each other round a mound of parsley. This is of the nature of a salad and may be served with the cheese course or just after the soup and fish courses.

Triple Sausage.—Take equal parts pork (fat and lean,) veal and beef suet, grind or chop fine and to every three pounds meat add seasoning of grated rind or half of a lemon, small nutmeg grated, six powdered sage leaves, one teaspoon pepper, two of salt and half teaspoon each summer savory and marjoram with a half pint bread crumbs. Pack for use as Pork Sausage.

Mutton.—This is cut up as directed and corned and dried the same way that beef is.

Veal.—To cut the pieces up for use follow directions in illustration. For *Calf's Head and Feet*, the first thing to do is to remove the hair, unless purchased at the butchers when they will be nicely scraped, and will only need to be wiped carefully with a damp towel so that no hair adheres. To remove the entire hair drop the head and feet into a tub of hot water that has had a shovelful of wood ashes boiled in it, or a few crumbs of concentrated lye, or washing soda. The water must not be quite boiling hot, as that will set the hair and make cleaning difficult. Churn them about with a stick of wood a few minutes, then scrape with a sharp knife. Put the head into cold water and leave it there to draw out the blood for a moment, and dry well with a towel. Roast the hoofs in hot coals and pry off with a knife point, or some wash head and feet clean, sprinkle powdered resin over the hair, dip them in boiling water and take out immediately, and then scrape them clean; afterwards soak them in water four days, changing the water every day.

To prepare for use there are different ways; some cut from between the ears to the nose touching the bones; then cutting close to it, take off flesh, turn over the head, cut open the jaw-bone from underneath, and take out tongue whole. Turn the head back again, crack the top of skull between the ears and take out the brains whole; cut the head through the center, remove the skin from the nasal passage and cleanse thoroughly by scraping and scalding. Or remove the skin, cut open from throat to edge of lower jaw, without breaking more than necessary and put skin aside in cold water for soup. To remove the brain cut the skull with a meat saw from between the ears and above the eyes and the brain may be then taken out without breaking.

To Bone a Head; place it on table with the front part of the head facing you; draw the sharp point of a knife from the back part of the head right down to the nose, making an incision down to the bone of the skull; then with the knife clear the scalp and cheeks from the bones right and left, always keeping the point of the knife close to the bone. If you have not previously removed the brains, they are best removed before boning, chop the head in two and remove them as carefully as possible. When the head has been boned wash it well, wipe it with a clean cloth, season the inside with salt and pepper, roll it up with the tongue, tie it up, and parboil it in hot water for ten minutes; then put it into cold water a few minutes, wipe it dry, and set it aside until wanted; this is blanching it. In removing *brains* be very careful not to break them; prepare them either by single or double blanching. To *Single Blanch* first soak in salted water one hour or simply wash in several waters, then remove every particle of the thin skin or membrane covering the soft inner substance very carefully without breaking; put over the fire in quart cold water with a seasoning of salt and table-spoon vinegar and boil fifteen minutes, lay in cold water till wanted which should not be very long. To *Double Blanch*, cover them with cold water and let heat slowly until the fine outside skin can be removed easily, then put them in fresh water and let them heat again slowly, till all the blood comes out and they are entirely white. Take them out and put in boiling water with a little salt and table-spoon vinegar, boil them hard for ten minutes or till quite firm. Take them out and drop into cold water for a few minutes or till ready for use, although that should not be long, then drain on a cloth.

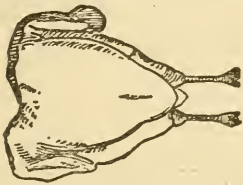
Sweet-breads.—These are considered great delicacies and are the most expensive parts of meat. Those of calves are best, but for hints as to purchasing see Marketing. *Blanching Sweet-breads* is always necessary before cooking, and as they will not keep long this should be done as soon as brought from market. Some put them for half an hour in luke-warm water, then throw into boiling water to blanch and harden, and then into cold or ice water to cool; after which draw off the outer casing, trim off all particles of fat, veins, membranes, etc., and cook as liked. Others put to soak in cold water for about an hour, adding tablespoon salt to each quart water. Then draw a lardoon of pork through the center of each, put into salted boiling water and cook until thoroughly done. Throw again into cold water for a few minutes and they will be firm and white. Carefully remove the skin and little pipes and set away in cool place until ready to cook. Some merely skin, then place in cold water ten minutes or so, when they are ready to boil. Sweet-breads should always be parboiled twenty minutes before cooking in any manner. Any flavor liked may be given sweet-breads by adding spices, herbs, or vegetables to the water in which they are parboiled. A good rule for two quarts water is, two tablespoons vinegar, one of salt, a bay leaf, dozen whole cloves, teaspoon pepper corns, small red pepper, sprig of any dry herb, except sage, (thyme marjoram or summer savory) sprigs of parsley, or small root of parsley. Set away in cool, place until dry wanted.

Poultry.—Are served either whole or cut up. Do not feed poultry for twenty-four hours before killing; and some give them a tablespoon of vinegar an hour before killing; catch them without frightening or bruising, tie the feet together, hang up on a horizontal pole, tie the wings together over the back with a strip of soft cotton cloth: let them hang five minutes, then cut the throat or cut off the head with a very sharp knife, and allow them to hang until the blood has ceased to drip. The thorough bleeding renders the meat more white and wholesome. Scald well by dipping in and out of a pail or tub of boiling water, being careful not to scald so much as to set the feathers and make them more difficult to pluck; place the fowl on a board with head towards you, pull the feathers away from you which will be in the direction they naturally lie (if pulled in a contrary direction the skin is likely to be torn), be careful to remove all the pin-feathers with a knife or pair of tweezers; singe, but not smoke, over blazing paper on the stove, or some prefer alcohol.

To Cut up a Chicken.—Lay the chicken on a board kept for the purpose, cut off the feet at first joint; cut a slit in the neck, take out the windpipe and crop, cut off the wings and legs at the joint which unites them to the body, separate the first joint of the leg from the second, cut off the oil bag, make a slit horizontally under the tail, cut the end of the entrails loose, extend the slit on each side of the joint where the legs were cut off; then, with the left hand, hold the breast of the chicken, and with the right, bend back the rump until the joint in the back separates, cut it clear and place in water. Take out the entrails, using a sharp knife to separate the eggs (if any), and all other particles to be removed, from the back, being careful in removing the heart and liver not to break the gall-bag (a small sack of blue-green color about an inch long attached to the liver); separate the back and breast; commence at the high point of the breast and cut downwards towards the head, taking off part of the breast with the wish-bone; cut the neck from that part of the back to which the ribs are attached, turn the skin off the neck, and take out all lumps and stringy substances; very carefully remove the gall-bag from the liver, and clean the gizzard by making an incision through the thick part and first lining, peeling off the fleshy part, leaving the inside whole and ball-shaped; if the lining breaks, open the gizzard, pour out contents, peel off inner lining, and wash thoroughly. After washing in second water, the chicken is ready to be cooked. Some prefer to cut the chicken with a sharp knife,

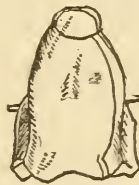
thinking that when divided according to the joints some portions will be bare of meat. To do this, after cleaning, split the fowl in halves lengthwise. This can be done by cutting down the middle of the back with a sharp kitchen knife, laying the fowl wide open and chopping through the breast bone inside. Lay a half on the board and sever the drumsticks by chopping through the joint. Chop through the hip joint, or a little on the meaty side of it, and slantwise, taking at that cut the side bone and tail end, all sufficiently covered with meat, a little derived from the second joint, and then cut off the second joint by chopping straight across the fowl, making three pieces of equal weight of that quarter. Cut off the two small joints of the wing. Chop off the main joint slantwise, so that it will have attached to it the piece of neck bone and a small portion of the breast. There will remain nearly the entire breast, which should be chopped straight across and made two pieces. Cut up the other half of the fowl in the same way. It is just the skillful carving of a whole cooked fowl in results; a proper method of cutting up gives each person at table a piece of meat of equally good appearance, and not to one meat and to next a dark-looking piece of bone, already stripped.

To Cut up a Turkey to Cook Whole.—After killing and singeing, plump it by plunging quickly three times into boiling water and then three times into cold, holding it by the legs; place on a meat-board, and with a sharp knife cut off the legs a little below the knee, to prevent the muscles from shrink-



Ready for Plumping.

ing away from the joint, and remove the oil-bag from the tail; take out the crop, either by making a slit at the back of the neck or in front (the latter is better) taking care that every thing pertaining to the crop or windpipe is removed, cut the neck-bone off close to the body, leaving the skin a good length to be stuffed; cut around vent, cut a slit three inches long from the tail upwards, being careful to cut only through the skin, put in the finger at the breast and detach all the intestines, taking care not to burst the gall-bag (situated near the upper part of the breast-bone, and attached to the liver; if broken, no washing can remove the bitter taint left on every spot it touches); put in the hand at the incision near the tail and draw out carefully all intestines; split the gizzard and take out the inside and inner lining (throw liver, heart, and gizzard into water, wash well, and lay aside to be cooked and used for the gravy); wash the fowl thoroughly in cold water twice, (some wipe carefully with a wet cloth, and afterwards with a dry cloth to make perfectly clean, instead of washing), hang up to drain, then stuff, skewer, and place to roast as directed in Roast Turkey. A chicken is prepared in same way and trussed as illustrated.



Front of Chicken.



Back of Chicken.

To Bone Chicken and Turkey.—If chicken, choose a large one, at least one year old, pick, singe and wipe with wet towel, but do not draw. If you buy already dressed, see that it is not frozen as freezing makes it tear easily and also be particular every part is whole, as little breaks in skin will spoil the result. Cut off legs about one and one half inches above joint, cut off wings between last joint and body, cut off neck close to body and take out the crop without breaking the skin of the neck. Now with a small, sharp knife make a smooth cut through the skin and flesh, down the line of the backbone, from the neck to the rump; then begin at the neck to cut off the flesh and skin together from the carcass; work with the point of the knife, holding it



Boning Knife.

flat against the bone, and cutting all the flesh off attached to the skin; first cut from the neck to the joint where the wing is connected with the body, then unjoint that, and leave the bone of the wing in the flesh for the present, and continue to cut down the back and sides until the thigh joint is reached; unjoint that, leaving the bone in the leg, and cut toward the breast-bone, being careful not to cut through the skin where it is stretched tight over the breast; when the flesh of one side of the bird is loosened from the carcass in this way, turn it over and take off the other side. Great care must be taken not to cut through the carcass into the intestines, which may remain inclosed in it until it is entirely freed from the flesh and skin; the most difficult part of the operation is cutting off the breast without breaking or tearing the skin; if this accident happens the aperture must be sewed up before the bird is stuffed. When the flesh is free from the carcass, lay it skin down on the table, and distribute the flesh equally all over the skin, cutting the thickest portions and laying them open like the leaves of a book, so as to cover the skin; cut out the wing and thigh bones, and turn the flesh and skin inside, like the fingers of a glove reversed. Stuff and roll in shape as directed for a Turkey Galatine and after being boiled and pressed in a pan or mold, remove cloth, place it in a vessel, a size larger than that in which it was pressed but same shape, and fill the space with aspic jelly poured in nearly cold; when set dip a moment in warm water, turn out and it is ready to be decorated. Although we have given many fillings in Poultry Department here is one differing somewhat. For a turkey weighing seven pounds, take the meat of one chicken weighing four pounds, one pound of lean veal, half a pound of lean salt pork, small cup cracker crumbs, two eggs, one cup broth, two and a half tablespoons salt, half teaspoon pepper and sage, one teaspoon each summer savory, sweet marjoram, and thyme, and, if liked, one tablespoon capers, quart of oysters and two tablespoons onion juice. Have the meat uncooked and free from any tough pieces. Chop *very* fine. Add seasoning, crackers, etc., mix thoroughly, and use. If oysters are used, half a pound of the veal must be omitted.

Another method of boning a turkey to truss in original shape is as follows; prepare as above without drawing, cut off legs in the joints, and tips of wings, place on its breast and cut down the back through to the bone from the neck down to where there is but little flesh, where it is all skin and fat. Begin at neck, and run knife between flesh and bones until you come to wing. Then cut ligaments that hold bones together and tendons that hold flesh to bones. With thumb and fore-finger, *press* flesh from smooth bone. When you come to the joint, carefully separate ligaments and remove bone. Do not try to take bone from next joint, as that is not in the way when carving, and it gives a more natural shape to turkey. Now begin at wish-bone, and when that is free from the flesh, run knife between sides and flesh, always using fingers to press the meat from the smooth bones, as, for instance, the breast-bone and lower part of the sides. Work around edges the same as around wings, always using great care at joints not to cut skin. Drawing out the leg bones turns that part of the bird inside out. Turn turkey over, and proceed in the same manner with the other side. When all is detached, carefully draw skin from breast-bone; then run the knife between the fat and bone at the rump, leaving the small bone in the extreme end, as it holds the skewers. Carefully remove the flesh from the skeleton, and turn it right side out again. Rub into it two tablespoons salt and a little pepper, and fill with dressing. Sew up back and neck and then the vent. Truss the same as if not boned. By leaving the wings and legs unboned the natural form is more easily given to the turkey in trussing and some prefer it thus. It is very nice to *bone chicken or turkey for fricassees, curries and pies*; to do this first cut them up in pieces, then begin with the legs;

take the end of the large bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping the edge of the knife close to it, until the whole of the leg is done. Remove the bones of the other leg in same manner; then take wings and proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint; the rest of the pieces are very easily boned after the directions given for boning an entire fowl.

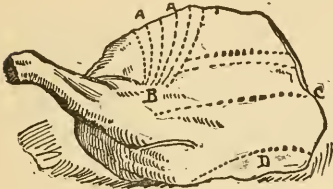
Shell Fish.—The *Oyster* is the most used of all shell-fish and its preparation for cooking is so simple that it is fully given in Shell-fish Department. *Hard-shell Crabs* are prepared for use the same as Lobsters. Soft-shell Crabs are always used alive and prepared for cooking as follows: Turn the crab on its back, lift up the apron, or pointed flap which lies near the back of the shell, and either break off from it the tuft of fin-like portions attached to it, or remove it entirely; press first one side and then the other of the back shell away from the body, and take out the tough fibrous organs called the "deadmen"; lay the crab on its back on the table, and with a small sharp knife cut out a semi-circle from the head, including the eyes and the sand bag; then wash the crab in cold salted water, dry it on a clean towel, and it is ready to be cooked as wished.

Lobsters.—When purchased alive, to remove the shell tie the claws together and plunge head-first into boiling water, adding a gallon of latter, tablespoon salt and some add teacup vinegar. Boil steadily for twenty or thirty minutes or until the shell turns red. Too long boiling toughens it and destroys the fine delicate flavor of the meat, for small ones some only boil half as long. When done it is nice to let it drain face downward on a sieve. Take it from the boiling water, cool a little, and then break off claws and tail, remove and throw away the soft fins which lie under the legs, close to the body of the lobster, separate tail from body, and shake out the tomally, and, also, the "coral," if there is any, upon a plate. Then by drawing body from the shell with the thumb, and pressing the part near head against shell with first and second finger, you will free it from the stomach or "lady." Now split the lobster through the center and, with a fork, pick meat from joints. Cut under side of tail shell open and take out meat without breaking. On the upper part of that end of this meat which joined the body is a small piece of flesh, which should be lifted; and a strip of meat attached to it should be turned back to the extreme end of tail. This will uncover a little vein, running the entire length, which must be removed. Sometimes this vein is dark, and sometimes as light as the meat itself. It and the stomach and head are the only parts not eatable. The piece that covered the vein should be turned again into place. Hold claws on edge on a thick board, and strike hard with a hammer until shell cracks. Draw apart, and take out meat. If you have the claws lying flat on the board when you strike, you not only break the shell, but mash meat, and thus spoil a fine dish. Remember that the stomach of the lobster is found near the head, and is a small, hard sack containing poisonous matter; and that the intestinal vein is found in the tail. These should always be carefully removed. The lobster may then be arranged on a plate and served, each one seasoning to suit himself.

CARVING.

It is no trifling accomplishment to carve well, and both ladies and gentlemen ought to so far make carving a study that they may be able to perform the task with sufficient skill at least to prevent remark. There are no real difficulties in the way of mastering the accomplishment; knowledge simply is required. All displays of exertion are in bad taste, because they indicate a want of ability on the part of the carver, or a strong indication of the toughness of the roast or the age of the bird. A good knife of moderate size and great sharpness is a necessity. Fowls are easily carved, and in roasts such as loins, breasts, fore-quarters, etc., the butcher should always have instructions to separate the joints. The platter should be placed so near to the carver that he has full control over it; if far off nothing can prevent an ungraceful appearance. In carving a turkey, place the head to the right, cut off the wing nearest you first, then the leg and second joint; then slice the breast until a rounded, ivory-shaped piece appears; insert the knife between that and the bone and separate them; this part is the nicest bit of the breast; next comes the "merry-thought." After this, turn over the bird a little, and just below the breast you will find the "oyster", which you can separate as you did the inner breast. The side bone lies beside the rump, and the desired morsel can be taken out without separating the whole bone. Proceed in the same way upon the other side. The fork need not be removed during the whole process. An experienced carver will dissect a fowl as easily as you can break an egg or cut a potato. He retains his seat, manages his hands and elbows artistically, and is perfectly at his ease. There is no difficulty in the matter; it only requires knowledge and practice, and these should be taught in the family, each child taking his turn. Chickens and partridges are carved in the same way. The tail of a woodcock on toast is the choicest bit of the bird; also the thigh of a partridge.

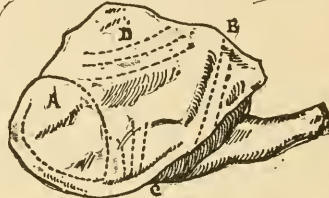
A fillet of veal is cut in thin, smooth slices off the top, and proportions of the stuffing and fat are served to each. In cutting a breast of veal, separate the breast and brisket, and then cut them up.



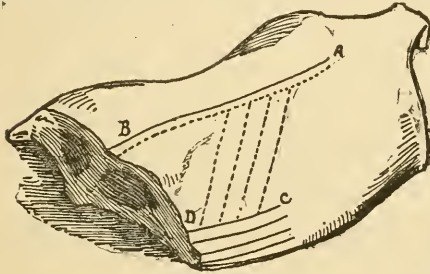
Shoulder of Mutton.

and is to be cut in thin slices in the direction of d. The under part contains many favorite slices, of different sorts, which may be cut crosswise in slices, near the shank bone at b or lengthwise in broad pieces at the large end a. If it is intended to reserve a part cold, the under parts should be served hot, as they are more palatable than when cold, and the upper part is kept more sightly for the table.

Shoulder of Mutton.—Though commonly regarded as a homely joint, is by many preferred to the leg, as there is much variety of flavor, as well as texture, in both the upper parts. The figure represents it laid in the dish as usually served, back uppermost. Cut through it from a down to the blade-bone at b. Afterwards slice along each side of the blade-bone from c to b. The best part of the fat lies in the outer edge,



Shoulder of Mutton, Under part.

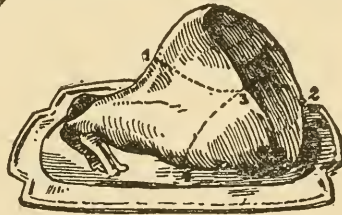


Saddle of Mutton.

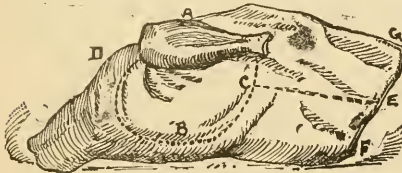
Knuckle of Veal is to be carved in the direction of 1 to 2. The most delicate fat lies about the part 4 and if cut in the line 3 to 4 the two bones between which the marrowy fat lies, will be divided.

Fore-quarter of Lamb.—Pass the knife under the shoulder in the direction of a, b, c, d, so as to separate it from the ribs without cutting the meat too much off the bones. Divide an orange or lemon, sprinkle the halves with salt or pepper and squeeze

Saddle of Mutton should be cut in long and rather thin slices from the tail to the end, beginning at each side close to the back-bone from a to b, with slices of fat from c to d, or along the bone which divides the two loins, so as to loosen from it the whole of the meat from that side which you then cut crosswise, thus giving with each slice both fat and lean. The tail-end is usually divided and partly turned up.



Knuckle of Veal.

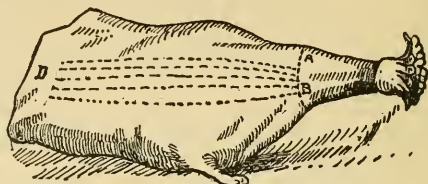


Fore-quarter of Lamb.

the juice over the under part, take to table and the carver should then divide ribs from d to e, serving them, or the neck f, or the breast g, as may be selected.

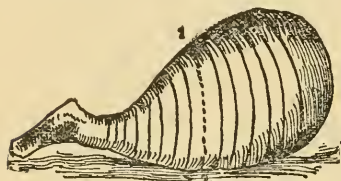
Haunch of Venison.—Have the joint lengthwise before you, the knuckle being the farther joint. Cut from a to b, but be careful not to let

out the gravy, then cut along the whole length from a down to d. The knife should slope in making the first cut, and then the whole of the gravy will be secured in the well. The greater part of the fat, which is the favorite part, will be found at the left side, and care must be taken to serve some with each slice.



Ham of Veal.

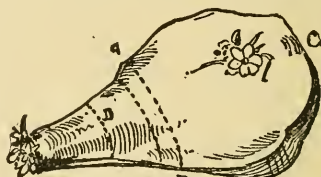
Leg of Pork.—A leg of pork whether boiled or roasted, is carved the same. Begin about midway, between the knuckle and the thick end, and cut them in deep slices from either side of the line 1 to 2



Leg of Pork.

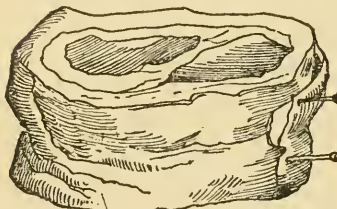
Ham.—Serve it with the back upwards, sometimes ornamented, and generally having, as in France, the shank-bone covered with cut paper. Begin at the middle by

cutting long and very thin slices from a to b, continuing down the thick fat at the broad end. The first slice should be wedge-shaped, that all the others may be cut slanting, which gives a handsome appearance to them. Many persons, however, prefer the hock at d as having more flavor; it is then carved lengthwise from c to d.



Ham.

Fillet of Veal.—Pare off the upper part



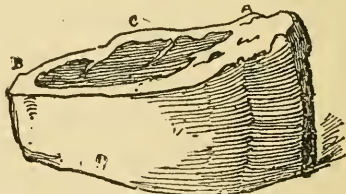
Fillet of Veal.

one slice from the whole surface half an inch thick, and put it aside, then cut thin slice of both lean and fat. The round and aitch-bone is carved in the same way. In carving the first slice, if any one prefers the brown, it may be cut thinner and divided, and a portion served to each person who likes it.

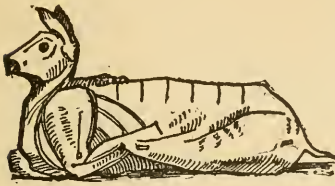
Round or Aitch-bone of Beef.—These are carved like a fillet of veal. The soft fat

which resembles marrow, lies back of the aitch-bone, below c, but the firm fat should be cut in slender horizontal slices at a, and is much better than the soft when eaten cold.

Rabbits.—Put the point of the knife under the shoulder at b, and so cut all the way down to the rump, along the sides of the backbone, in the limb, b, a, cutting it in moderately thick slices; or, after removing the shoulders and legs, cut the back crosswise in four or five pieces; but this can only be done when the rabbit is very young, or when it is boned. To separate the legs and shoulders, put the knife between the leg and back and give it a little turn inwards at the point, which you must endeavor to hit and not to break by force. The shoulders may be removed by a



Round or Aitch-bone of beef.

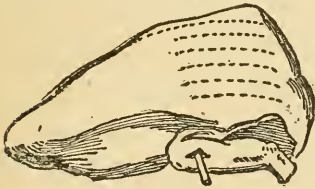
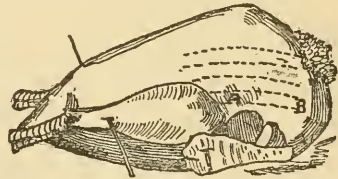


Rabbit.

upper flat on your plate; then put the point of the knife into the center and cut the head in two.

Winged Game and Poultry.—The carving of winged game and poultry requires more delicacy of hand and nicety in hitting the joints than the cutting of large pieces of meat, and, to be neatly done, requires considerable practice. The carving knife should be smaller and lighter and the point and handle longer than for meats.

Roast Turkey.—Cut long slices from each side of the breast down to the ribs, beginning at *a b* from the wing to the breast bone. Then turn the turkey upon the side nearest you, and cut off the leg and wing; when the knife is passed between the limbs and the body, and pressed outward, the joint will be easily perceived. Then turn the turkey on the other side, and cut off the leg and wing. Separate the drumsticks from the leg bones, and the pinions from the wings; it is hardly possible to mistake the joint. Cut the stuffing in thin slices lengthwise. Take off the neck-bones, which are two triangular bones on each side of the breast; this is done by passing the knife from the back under the blade part of each neck-bone, until it reaches the end; by raising the knife the other branch will easily crack off. Separate the carcass from the back by passing the knife lengthwise from the neck downward. Turn the back upwards and lay the edge of the knife across the back-bone about midway between the legs and wings; at the same moment, place the fork within the lower part of the turkey, and lift it up; this will make the back-bone crack at the knife. The croup, or lower part of the back being cut off, put it on the plate with the rump from you.



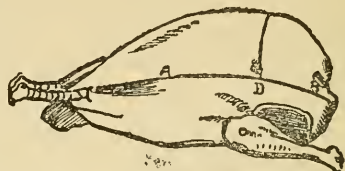
Boiled Turkey.

knife from the rump to the other end. The choicest parts of turkey are the side bones, the breast and the thigh bones. The breast and wings are called light meat; the thigh-bones and side-bones dark meat. When a person declines expressing a preference, it is polite to help to both kinds.

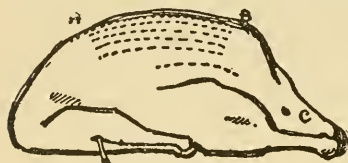
Boiled Turkey is carved in the same way as the roast, the only difference being in the trussing; the legs in boiled being, as here shown, drawn into the body, and in the roast skewered.

Roast Fowl.—Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of *a* to *b*, only dividing the joint with your knife. When the four quarters are thus removed, take

off the merry-thought from *c*, and the neck bones, these last, by putting in the knife at *d*, and pressing it, will break off from the part that sticks to the breast. The next thing is to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then raise the lower end of rump and it will separate easily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts. If the bird be a capon, or large, and roasted, the breast may be cut into slices the same way as the pheasant.



Roast Fowl.

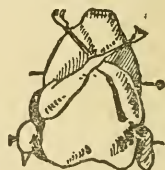


Roast Goose.

stantly reserved for broiling. Serve a little of the seasoning from the inside by cutting a circular slice in the apron at *c*.

Pheasant.—Slip the knife between the leg and the breast; cut off a wing then slice the breast, and you will have two or three handsome cuts. Cut off the merry thought by passing the knife under it towards the neck, and cut all the other parts as in a fowl. The breast, wings, and merry-thought are the most esteemed; but the thigh has a high flavor.

Partridge.—It may be cut up in the same manner as a fowl; but the bird being small, it is unusual to divide it into more than three portions—the leg and wing being left together, and the breast helped entire; the back, being only served along with some other parts. If the birds are very young, and the party not over large, the whole body is not unfrequently only separated into two pieces, by one cut of the knife from head to tail.



Partridge.

Quails.—Generally helped whole.

Grouse, Snipe and Woodcock.—Proceed as for partridge. As regards these different sorts of game, the thigh of the pheasant and woodcock is the best, and the breast and wing of the partridge and grouse; but the most epicurean morsel of all is the trail of the woodcock served up on toast. Smaller birds should always be helped as they are roasted, whole.

In serving fish some practice is needful, for lightness of touch and dexterity of management are necessary to prevent the flakes from breaking. In serving mackerel, shad, etc., a part of the roe should be placed on each plate. The fins of the turbot are most sought for; the fish is placed underpart uppermost on the platter, as there lies the prime part. In carving salmon, a portion of the back and belly should be served to each person. The choicest morsels are next to the head, the thin part comes next, and the tail is the least esteemed. The flavor of the fish nearest the bone is not equal to that on the upper part.

HINTS FOR THE WELL.

There are certain articles of diet that must be discarded by all persons who have a weak digestion and certain dietetic rules which must be conformed to by all. To the most important of these we will now call attention: Eat slowly, masticating the food very thoroughly even more so, if possible than is required in health. The more time the food spends in the mouth the less it will spend in the stomach. Avoid drinking at meals, at most take a few sips of warm water at the close of the meal, if the food is very dry in character. In general, dyspeptic stomachs manage dry fruit better than that containing much liquid. Eat neither very hot or cold food. The best temperature, about that of the body. Avoid exposure to cold after eating. Be careful to avoid excess in eating. Eat no more than the wants of the system requires. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends not on what is eaten, but what is digested.

Never take violent exercise of any sort, either mental or physical, either just before or just after a meal. It is not good to sleep immediately after eating, nor within four hours of a meal. Never eat more than three times a day, and make the last meal very light. For many dyspeptics two meals are better than more. Never eat a morsel of anything between meals. Never eat when tired, whether exhausted from mental or physical labor. Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so. Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal. Most persons will be benefitted by the use of oat-meal, wheat-meal or graham flour, cracked wheat and other whole-grain preparations, though many will find it necessary to avoid vegetables, especially when fruits and meats were taken. The flesh of wild game is usually more easy of digestion than that of domestic animals, and is less likely to be diseased. Fats are injurious to dyspeptics almost without exception. If eaten at all, butter is the only form admissible, and this should never be eaten cooked, but cold on bread. Broiling is the best mode of cooking meat. "High" meat should never be eaten as it has begun to decay. Meat and vegetables do not agree well together. Fruit and vegetables often disagree. Some cases must be required to discard vegetables altogether. Milk does not agree well with either vegetables or fruits. Milk is easier of digestion when boiled than when in its natural state. Warm food is easier of digestion than cold, with the exception of fermented bread, which should be eaten stale. Cold meat and meat that has "been warmed over" are not easy of digestion. 42

Popular Errors In Diet.—An eminent physician has prepared this article giving the following errors: It is an error to suppose that the appetite is always a correct criterion of the quantity and quality of food. This is a widely prevalent error and some very distinguished physicians have given it countenance and endorsement by saying to patients, when asked for a diet prescription, "Eat whatever and whenever you have a mind to." No advice could be more mischievous. It virtually assumes either that there is no relation between diet and health, that it makes no difference what a person eats, or that the appetite is an infallible guide, both of which suppositions are palpably false. If all appetites were natural appetites, if there were no such thing as depraved taste, then might the appetite be relied upon, but in the present state of things among civilized human beings scarcely one person in a hundred has a perfectly normal taste and appetite, if the number be not even smaller. The appetite is to some degree a guide, but it must be controlled and governed by common sense, by a knowledge of the laws of digestion and the relation of elementary substances to the stomach and the system. Either extreme on this point is bad. The appetite must not be ignored and it must not be blindly followed unless it is known to be normal in its inclinations. It would be just as proper to advise a person to speak anything that comes into his mind, to do everything for which he has an inclination, and to thus follow implicitly all the promptings of his various organs, as to tell him to eat everything which he feels disposed to.

It is an error to suppose that sick persons whose appetites are poor, should be tempted to eat by means of tidbits and dainties. Nothing is more common than for them to be besieged with such unwholesome substances as preserves, rich jellies and sauces, pies, cakes, confectionery, etc. About as soon as a person is taken sick, in some communities, the neighbors begin to show their sympathy by contributions of all sorts of unwholesome and indigestible viands, and the invalid, whose stomach may be unable to digest any but the very simplest food, becomes a victim to the kindness of friends. Many times have the best efforts of the intelligent physician been baffled in this manner. "Killed by kindness" of this sort might be written on many a tombstone. The general belief that these things are essential for the sick when confessedly bad for the well is forcibly illustrated by the story concerning the old gentleman who arrived home late at night and not finding any pie in the cupboard awoke his wife with the exclamation, "Why, what would you do if any one should be sick in the night!" Every physician ought to look carefully after this matter whenever he has a patient in charge and the absurdity of the custom should be thoroughly exposed. The want of appetite in sick people, especially fever patients is usually an indication that the stomach is not in a condition to digest food if it is received, and only the most digestible should be given, and that in small quantities.

It is an error to suppose that children especially, need large quantities of fat and sugar. The opinion has been gaining of late, that fat and sugar are preventives of consumption when fed to children so as to increase their fat. From some considerable observation on the subject, we are decidedly of the opinion that the practice is a bad one and the theory upon which it is based wholly erroneous. These substances are themselves difficult of digestion (this is especially true of fat) and hinder the digestion of food, thus producing dyspepsia which causes decay of the teeth and doubtless an equally marked deterioration in other parts of the system. The notion that the appetite for sugar is a natural one is shown to be false by the fact stated by Dr. Anthony Carlisle, the Arctic traveler. According to Mr. Carlisle, the little folks in the vicinity of the North Pole are not fond of sweets. He says that when sugar was placed in their mouths they made very wry faces and sputtered it out with disgust. There is no evidence whatever that it "pre-

serves the teeth," "aids digestion," "promotes growth" or "prevents consumption," as many persons believe.

It is an error to suppose that many varieties of food are essential to good digestive nutrition. The common sense of most people who suffer with weak digestion has taught them that one or two kinds of food at a meal are more easily digested than a large variety, notwithstanding the erroneous teaching of some popular authors on this subject. It is true that the appetite sometimes refuses food when its use is long continued without change, but the variety should be obtained by employing different foods or dishes at different meals rather than at the same meal. There is no doubt that dyspepsia is not unfrequently the result of the indiscriminate gormandizing in which people indulge whose chief aim in eating is to satisfy the palate.

It is a very great error to suppose that brain-workers, students, clergymen, lawyers and other persons whose vocation is largely sedentary, require but little food. The very opposite is true. A brain worker uses up as much blood in three hours of intense labor as the muscle worker in ten hours of ordinary toil. Brain workers should be well fed, but they must not be overfed. Many of the cases of apoplexy in professional men, set down to overwork, are really attributable to overeating. A brain worker needs as much food and as nutritious food as a muscle worker, but he is compelled to be more careful in its selection, and cannot exceed with impunity the limits of his actual needs. This point is often neglected with reference to school-children, especially girls, who are not unfrequently allowed to make the attempt to live and study hard on a slice or two of wheat bread and a cup of coffee for breakfast, bread and butter and pickles for dinner and a morsel chiefly made up of "dessert" at night, when dinner is taken at six, as in many of the large cities. In many female boarding schools the dietary is neglected, an insufficient amount of nourishing elements being furnished to support the vigorous mental effort required of students. Under such a regime it is no wonder that many young women break down just when they ought to be enjoying the highest degree of health and strength. We are thoroughly convinced that a much larger share of the breakdowns among students, both male and female, is due to poor feeding more than to overstudy.

It is an error to suppose that fish or any other single article of diet is brain food, muscle food, or food for any particular part of the system. A few years ago a celebrated scientist made the casual suggestion that perhaps fish food might be especially nourishing to the brain, as there was considerable phosphorous in the brain and also in the fish. The notion spread like a heresy, and soon fish of all sorts, big and little, scaly fish, shell fish, and fish with neither scales nor shell, were devoured in unprecedented quantities by microcephalous people and people whose brains were not obviously too small, for the purpose of obtaining the supposed specific effects of a fish diet. A gentleman eager to cultivate his brain and induce an increased growth, addressed a letter to a noted wag, asking for advice respecting the quantity of fish which he must eat per day. The answer he received was a fitting criticism on the theory and undoubtedly discouraged the aspirations of the young man, being to the effect that a small whale would be about the right quantity for a meal. The falsity of the theory has been repeatedly shown by the citation of the fact that the lowest of human races are those that live almost exclusively upon fish. In civilized countries, also, as in the vicinity of large fisheries, whole communities often make fish their almost exclusive diet, and yet there is no evidence that their mental capacity is increased thereby. In fact, the low mental and moral status of these people would furnish an argument on the opposite side of the question if it were necessary to offer such an argument.

It is an error to suppose that people suffering with nervous debility, *neurasthenia* or other forms of nervous weakness, need large quantities of flesh food. It is a very common custom when it is decided that a person has any form of nervous disorder accompanied by weakness or impaired nutrition, to place them at once on a diet consisting largely of flesh, as beefsteak, mutton-chops, etc. Sometimes the drinking of blood is recommended. That this indiscriminate practice is a bad one we have often had occasion to notice. It not infrequently happens that the excessive use of flesh food is a cause of nervousness, as has been repeatedly pointed out, and we believe that whether its use is advised or not, its use should depend on the condition of the stomach rather than on the nerves. A person whose stomach is very feeble may be able to digest sufficient vegetable food to replenish the tissues, for such persons a flesh diet or a mixed diet will be found to be very advantageous.

It is a most erroneous notion that "rich food" is strengthening. The strengthening quality of food depends first upon its digestibility, and second upon the proportion of albuminous elements which it contains. Sugar, fat, spices and other ingredients which are added to food in making it "rich" are of only secondary importance as nutritive elements and in the case of condiments of exceedingly doubtful value, if not wholly worthless. In the manner in which these substances are combined in "rich food" they are worse than worthless. Really rich food is that which contains a large proportion of the essential elements of food in a condition to be easily assimilated. Graham bread, oatmeal mush, pea-soup, baked beans and kindred foods, are really rich, and in the highest degree strengthening.

It is an error to suppose that persons engaged in laborious occupations require a large amount of flesh food. Persons who labor hard either physically or mentally, need a liberal supply of food rich in albuminous elements. These elements are furnished by such food as pease and beans in even larger quantities than in the best beefsteak. A pound of pease contains four ounces of albuminous elements, while a pound of beefsteak contains but about three ounces. Oatmeal and wheat meal are also very rich in albuminous elements. The Scotch laborers who subsist largely upon oatmeal porridge are said to be among the finest developed and hardiest men in the world. Numerous similar evidences in favor of a liberal supply of vegetable food might be given.

It is an error to suppose that the system is better supported by meals at very frequent intervals than by food taken in accordance with the known time required for digestion. It has long been the custom to supply laborers undergoing severe exertion, as during harvest time among farmers with two or three extra meals during the day, thus often bringing meals within two or three hours of each other. We believe that the practice is a bad one, and that three meals at most are much better than more. The custom of eating five meals a day, common in some foreign countries, is certainly unphysiological, and must be injurious. (Children are often injured by too frequent feeding; not only while infants, but after having grown so as to be large enough to attend school, being very often supplied by fond mothers with luncheon for recess, and apples to eat at all hours. It is a most unwise thing to allow children to form the habit of nibbling at food between meals. The fact that they are growing and need a large supply of nourishment is no apology for the practice, but rather makes it the more necessary that they should be regular in their habits in order to secure good digestion. The stomach needs rest as well as the arms and limbs and other organs of the body. More food will be well digested with three meals than with a larger number, and hence a larger amount of good blood will be produced and more healthy tissue formed.)

It is an error to suppose that the best preparation and support for extraordinary exertion is increasing the amount of food eaten proportionately. It is generally supposed that if a man has an unusually large days work to perform, he must eat an unusually large breakfast and a proportionately large dinner. This is certainly an error. Large demands upon either the muscular or the nervous system for the time being detract from the power to digest. The stomach requires nervous energy to enable it to perform its function. If the nervous forces are otherwise engaged or used they can not be utilized in digestion; hence it follows, theoretically at least, that instead of giving the organs an extra task in preparation for an extra effort, they should be required to perform less than the ordinary amount of labor. Experience as well as theory supports this view. Sir Isaac Newton when employed in his most arduous labors, lived upon bread and water, and fasted for long intervals. General Elliot, the famous defender of Gibraltar, is said to have subsisted for a number of days on a little boiled rice. The wonderful "L'Homme Serpente" of Paris, always fasted for twelve hours before attempting to perform his marvelous feats of agility. This plan not only secures a higher degree of efficiency in the effort made, but prevents in great degree, the injury liable to result from excessive exertion. When required to overwork for a succession of days, we have found that we were not only able to perform much more work, but do it with less effort at the time, and less exhaustion afterward, when taking a greatly reduced quantity of food, than when attempting to do the same work and still taking the usual quantity of food. We have no doubt that a neglect of this precaution is a not unfrequent cause of the sudden deaths of which we so often receive accounts, especially among politicians and public men. Overloading the stomach and overworking the brain at the same time is exceedingly dangerous. The man who overworks mentally must be temperate, he must exercise the greatest moderation in his eating, and must totally discard all stimulants and narcotics. A great share of the cases of apoplexy which occur, happen when the stomach is full. The increased clearness of intellect which results from abstemiousness, well repays one for all the self-denial practice

THE FLOWER GARDEN.

BY R. RENNIE MCGIL

The culture of flowers is the most interesting occupation in the world—a never-ending source of delight. Where else can we find for the body and mind a recreation so beautiful, so instructive, or that will afford more lasting pleasure, than that of tending for the floral emblems of God's love? What would the world be without flowers? Thanks to the all-wise Creator we find them everywhere. On mountain top, in shady dell, midst towering rocks and along the banks of rippling brooks. They are as free as the air we breathe, and who shall say they do not teach of our Father's love, wisdom and wondrous power? Whose hand but His could put this exquisite coloring into the Jacqueminot Rose, or design the curious petals of the Passion flower? Beautiful objects as these are to the naked eye, how much more so do they become even under the simplest form of a microscope. We may take the keenest razor that can be obtained, place it under a microscope, and the edge will appear jagged, coarse and rough, and full of imperfections. Not so with Nature's handiwork, for the more critically it is examined, the more its hidden perfections surprise us, and we are forced to exclaim: "O Lord! how manifold are thy works; in wisdom hast thou made them all.

The culture of flowers teaches industry, patience and hope. No one expects flowers to grow on hard, uncultivated ground; hence we must spade it or plow it, then industriously weed it, or else our plants would soon be choked up. We sow the seeds in hope that they will spring and reward our care by producing beautiful flowers, and we must cultivate the virtue of patience because some plants are great sluggards, while the tendency of men and things in this age is to be in a hurry. The industry with which this recreation has been pursued, shows itself plainly in the great number of the highly improved plants which adorn the gardens of the present day in contrast to those

which were cultivated some fifty years ago. Take, for instance, the Pansy, a flower that is universally known and loved the world over. It is only a little more than half a century ago that the improvements began in this little flower. A few years ago there were but few books or magazines published devoted to flowers; now there is hardly a periodical but that has at least one or more columns relating to the subject, while floricultural books, magazines and catalogues are scattered broadcast all over the land. Many of these are highly embellished with beautiful engravings and colored plates which create a desire for possession of plants thus pictured. In this way the florist's business has assumed enormous proportions so that it is quite common to meet with a greenhouse in a town of very few hundred inhabitants. It is a wholesome occupation. Ladies who fancied themselves so completely broken down in health that they have wished for death, in several instances which have come under my observation have been induced to take a little exercise daily among the flowers. The desire to do something took possession of the patient, the effort of setting out a plant here, pulling a weed there, scratching the surface of the soil with a light rake became a pleasure, and while they were doing this they were slowly and surely returning to health. The slight action necessary to labor with the few tools needed for ladies' gardening operation is just sufficient to set the blood into proper activity, and in every instance that I recommended it, I have been told that it worked wonders. A few years ago it was considered unwholesome to have plants in the house, but it has been proved by the most positive demonstration that such is not the case. And here let me introduce a few lines from a correspondent. "Flowers form one of the most important factors in civilization. It seems to have pleased the all-wise maker of the universe to beautify the hill-sides, the valley, the forest, and even the low ground that is nearly or quite covered with water with lovely and beautiful flowers. Then why should not man, who was made after the image of his Maker, and has some of those longings for the beautiful and the perfect follow such a pleasing example and cultivate the flowers that have been given him so plentifully and thereby beautify his home?" Flowers are associated with all that is bright and beautiful on earth. They have a language and they speak to us of Nature and Nature's God. The following beautiful lines so thoroughly echo my feelings that I feel safe in advising all to make use of the sentiments conveyed in them:

Make your home beautiful—bring to it flowers,
Plant them around you to bud and to bloom;
Let them give light to your loneliest hours—
Let them give light to enliven your gloom.

If you can do so, O make it an Eden
Of beauty and gladness almost divine;
'Twill teach you to long for that home you are needing,
The earth robed in beauty beyond this dark clime."

THE OUT DOOR GARDEN.

As to the exact situation for a flower garden, it is not always in our power to choose. A level spot, however, is preferred, for if it slopes to any extent, heavy rains will wash away the soil. The *best* location is one having a southern aspect, sheltered from the north and west winds. A location which lies to some other aspect, the east for example will answer, but an inclination to the north or west or any point between these should be avoided if possible.

The soil must be rich. In our western country it is abundantly fertile, but if it is not so, it must be brought into that condition by heavy manuring and deep working. If it is clayey and heavy, sand will make it light, and if it is too sandy, wood ashes and well rotted manure will be of great benefit to it. Have it made deep, rich and dry—not too dry—and you have what is wanted for your flower garden as far as soil is concerned. If the ground is very poor, it will pay to cart it off altogether and replace it with better. That which may be obtained from an old cow pasture is the best for this purpose I have ever found. Where decayed forest leaves can be had, a portion may be advantageously mixed with the soil.

The best time to commence a flower garden is in the Autumn, so that by the middle of October the beds may be in readiness to receive the bulbous and many of the herbaceous plants and such shrubs as are usually set out at that season. The work therefore may for this be commenced in say September; if it must be deferred until Spring let work be begun then at the earliest moment the soil will work without sticking to the spade. But as Autumn is decidedly the best time, we will proceed to the laying out of the flower garden. The writer is not what is known as a landscape gardener, nor is it his design to give elaborate plans, for those who can afford to lay out a garden in a luxurious manner will be likely to call in the services of an expert. As to the style, it may be either square, round, oblong or irregular, and in such manner as the taste of the owner may suggest. It is usually most convenient to lay off the ground into beds, or walks may be made and the adjoining ground planted with shrubs or low ornamental trees for a background and in front of these tall-growing herbaceous perennial plants may find a place. Let the garden be leveled, the walks laid out, and dug out as well if it is proposed to fill them in with gravel, broken bricks or small stones; the next thing in order will be the edging. For this purpose there is nothing to my mind so neat as box, but it is seldom seen now-a-days, indeed I can not call to mind having seen a garden in the West where the edgings are made of box. Grass makes a neat edging where it is well kept; pinks, too, make a pretty and fragrant edging, and one of the Sedums which bears a star-like yellow flower is very pretty, but needs frequent trimming to keep it within bounds,—any or all of these may be used by way of a border.

There are some who will not go to all the trouble to lay out a flower garden. A simple way then is to make one upon the grass, as the beds are simply cut out of the lawn, then raised in the middle so that water will run off and then planted. This system can be elaborated to a wonderful extent, as those who may have seen the so called "carpet beds" in the South Park of Chicago will admit. The plan is wrought out by putting together various low growing plants so that when grown they represent the design of the artist, sometimes a dial, again some prominent man. Indeed there is no end to what may be done in this way, although it requires a great many plants. The little star and ribbon beds are made by first cutting the bed, to the proper shape, and then filling in with plants whose flowers will produce the colors desired. One of the most beautiful stars of an azure blue was wrought out with sky blue pansies. A graceful ribbon bed had tall growing asters for the back ground, followed by lines of verbenas and phloxes of var-

ious colors. Two beds that I made years ago were constructed thus: For centre of circle, a white foliage plant, *cineraria maritima*, around that a ring of golden phyrehthrum, next a circle of Master Christine geranium, (light pink), the whole edged with blue lobelia. The ribbon bed had dahlias for the back ground, then a line of perilla, a dark level foliage plant, next a row of scarlet flowered geraniums, then a line of dwarf yellow coleus, and the outside row of all, verbenas. In addition there should be other beds reserved for planting of choice bulbs and the small annuals that are not showy except in masses. Three feet square is a fair size for such beds, though they may be proportioned to the size of the garden, but above all things do not contract the walks at the expense of the appearance of your garden,

WHAT TO PLANT.

The garden being prepared in the fall of the year as suggested, roots of herbaceous plants may be procured and set out. Among those which now occur to me are Hollyhocks, Sweet Williams, Phloxes, Canterbury-bells, Red-hot Poker Plant, Columbine and Golden Rod. The common or popular name is purposely given. All are easily cultivated for as a rule they will grow where anything will. Once in three years they should be divided and transplanted. Division should be done either at the end of Summer or at the time of making garden in the Spring.

ABOUT LILIES.

All lilies should be moved in the fall, say October, and when they are to be grown in beds let these be about three feet wide and as long as you please. Put the lily bulbs in deep—not less than six inches—and keep a mulch or covering of straw over them the first year. Old, half-decayed leaves from the woods is the very best for the purpose, but when these can not be obtained straw will do very well. Lilies form two sets of roots; the first start from the base of the bulbs shortly after planting and remain as long as there is life in the bulb. When the flower stem is formed another set of roots grows on top of the bulbs whereby the species is increased, for among these the young bulbs are found. Nearly all of the hardy lilies thrive best in a cool, moist soil, one that does not become hard and dry in Summer. It is not necessary, however, to plant them in wet, boggy soils, but a soil that is constantly moist is preferable to one that parts with all its moisture in time of drought.

Some lilies do better in boxes than in the garden, particularly *Auratum*, *Candidum* and *Brownii*. The pot, box, or tub should be large enough to hold at least one peck of soil, which should be good garden soil, rather sandy. Set the bulb at least six inches below the surface of the soil, and press firmly with the hand. Give water enough to keep them from drying away—little while resting—plenty when growing. Set anywhere until severe cold weather, then remove to the cellar. If kept too warm, a spindling growth will result. When mild weather comes bring them to the air and light.

The so-called "Easter Lily" (*L. Candidum*) and Lily of Purity (*L. Harrisii*), the latter being an improvement of the old *L. Langiflorum*, bear forcing, that is by a certain treatment are made to bloom outside of their natural season. These two varieties are most extensively grown by commercial florists to produce cut flowers for Easter. Mr. Peter Henderson, who probably stands at the head of the florist's profession in America, says that the method is to pot the *Candidum* bulbs in six-inch pots any time from September until the fore part of December, sinking the pot containing the early potted bulbs out of doors in a sheltered warm spot, and covering with leaves as cold weather approaches, so they shall not get frozen at any time.

Those that are potted later, say from the middle of November, should be plunged in the same way in a cool greenhouse or in a cold frame. This last is simply an ordinary hot-bed frame having a glass cover. When the pots are filled with roots, they may be brought to a higher temperature, say 55° at night, and 10° to 15° higher in the day-time. If the pots are well filled with roots, the bulbs will come into bloom from eight to ten weeks after being placed in that temperature. The treatment as given will answer also for the Lily of Purity, except that it should first be put in four-inch pots and remain there until the plant is three or four inches high. Then change to a six-inch putting the ball on the bottom, so that all or nearly all of the new soil is on top of the bulb. Soon after flowering this variety will show a disposition to rest, and it may remain in the pot or box until September. Then repot and treat as before, but after two years of this forcing the bulb will have become exhausted that it will be advisable to plant it in the lily bed out-doors to recuperate.

There are so many lilies in cultivation that the inexperienced are often unable to decide upon what they should purchase. Let such by way of a beginning get a bulb of each of these, *Auratum*, *Candidum*, *Lancifolium-rubrum* and *album*, *Harrisii* and double Tiger. When one has learn to grow these successfully then money may be invested in the more costly, but beautiful *Brownii* and the California lilies.

HOLLAND BULBS.

The person who would have a beautiful flower garden from the earliest days of returning spring, must procure and plant in the fall, some of the so-called Holland Bulbs. These consist of Hyacinths, Tulips, Narcissuses, Crocuses, Snowdrops and others. The soil for bulbs should contain a liberal proportion of sand—at least one third. In planting, always measure the depth from the top of the bulb. Small bulbs and tubes, such as crocus, snowdrop, Spanish iris, ranunculus and anemone, should be planted about two inches deep; tulips and narcissuses, three inches; hyacinths, four inches; and crown imperials, five. The cost of these bulbs has been so greatly reduced in late years, that an almost nominal sum put into them will amply repay for the very slight labor that is required to bring them into bloom. Cover the buds thoroughly after the frost sets in, with four or six inches of old manure, hay, straw, or dry leaves. Plant the bulbs where they need not be disturbed for several years, especially the narcissuses and snowdrops. Hyacinths, crocuses and tulips should be taken up every third year. This should be done after the bulbs ripen in the summer.

What has been said will bring us up to the closing months of the year, a time when little or no further work can be done in the flower garden, so try head work during the winter. Make a definite plan of the arrangement of the beds for next summer, and the effects your proposed combination are likely to produce. It is customary in the larger gardens to draw diagrams of the flower beds upon paper, and color these with such tints as they will be likely to assume when in flower. Read up all good literature bearing on this subject; decide upon what you want to purchase in the way of trees, shrubs, plants, bulbs or seeds; make out your order early, and place it in the hands of some reliable person, for execution. Deal always with principals;—no agents,—then if any thing turns out contrary to expectations; a pleasant letter to the person or firm, from whom you purchased, will generally bring about a satisfactory settlement.

SPRING FLOWERS.

The advent of spring is usually announced by the bloom of the crocuses and snowdrops; indeed they are often seen pushing their pretty flowers

through the snow. As soon as may be after this, remove the litter which has lain upon the bulb beds, not all at once, lest a severe frost kill the tender shoots just peeping above the ground. Soon the other bulbs will appear, the narcissuses, the hyacinths, and the tulips will add their beauty and fragrance.

While the bulbs are coming rapidly forward into bloom, preparations for the garden which is to be the summer glory and autumn pride, may be attended to. We will assume that the seeds of annuals have been obtained; let us take some of the more tender varieties and sow them in boxes in the house, so that they will be stout plants when wanted to set out in the open ground in May and June. To fill out some of the beds, verbenas, pansies, phloxes stocks, petunias, and the various kinds of Japan pinks will be in order, and all of these can be much forwarded into early bloom by being sown in the house. Cigar boxes are very handy, but the bottom must first be perforated, and broken pots or shells put in the bottom for drainage. Then take good, rich earth and rub it through a sieve, or your fingers will answer, to take out all the lumps. Fill the boxes and then carefully sprinkle the seed over the surface of the soil; sift on enough soil to cover the seed, sprinkle with water very gently, and then set in a rather dark place. If it is warm, the seed will start earlier. A pane of glass laid over, or even a sheet of oiled paper, is a great help. If you can give them a warm place, the seeds will start sooner. We might here suggest the use of a *Hot Bed*, but this requires more care in construction and operation than an amateur can be supposed to bestow. This is the way to proceed, however; You take an old box, say about five or six feet long and three feet wide, and with an old window sash for a covering, you have what gardeners call a *Cold Frame*. A hole the size of the box is dug two or three feet deep and filled in with strawy manure which should be well tramped down until full. Put about six inches of soil over the manure, and on this set your box, carefully heaping the earth around the outside and put on the glass cover. In a few days the heat will be up, when the top must be opened some to allow the firey heat to escape. This done, put in the seed boxes. But whether you have a hot bed, or not, once the seeds are sown let them remain in partial darkness several days, for the seeds to swell, and keep the earth moist; if the seedlings get dry even once, they are ruined. As soon as you see them sprouting give light and air; if not too cold; or else the seedlings will spindle and die. When the tiny little plants have four or more leaves; transplant into small pots and there let them grow until wanted to set in the beds. To do this, first dig a hole and pour a little water into it, then turn the pot over, strike it a smart rap and the ball of earth will come out with the plant; place it in the hole and press the earth around it. Plants set out with balls go right to growing, and seldom need any shading; but it is well to transplant in the evening or on a clear day. In the open air towards the last of April may be sown asters, balsams, candytuft, phlox, petunias, zinnias, cockscomb, larkspur and indeed almost any of the hardy annuals. These mentioned will bear transplanting. Those who admire sweet peas should get the seed of these in the open ground as soon as it can be worked. Plant about three inches deep, and give brush for support. Then there is the Escholtz, a (California poppy), very showy, having a long tap root, and Mignonette, which, with the sweet peas, must be sown where they are to bloom, as they do not take kindly to transplanting.

CLIMBING VINES.

Vines, while they are the most graceful of plants, are very easily cultivated. The Maderia vine is one of the easiest grown, and a very rapid climber. In the spring put a tuber in the ground as you would a potato, and

in a very short time it will cover a large space. Dig up the roots in fall and winter, same as potatoes in a cellar.

For a most graceful climber and a rapid grower, as well as beautiful bell-shaped flowers; there is nothing equal to the *cobea*. The seeds are very thin, almost flat, and require to be planted on their edges. Needs considerable heat to start the seed. Florists usually supply young plants for less than amateurs can raise them for. Being tender, the *cobea* must not be set out doors until the weather is quite warm.

The cypress vine, both red and white, with their lovely foliage, are very beautiful trained upon strings. I remember of a post with a bird-house on top. At the base the ground was spaded up in a circle some three feet across, and cypress vine trained from there upon strings to the alighting board of the bird-house. It was much admired. The seeds of the cypress vine, canna and other hard shelled kinds may be hastened in germination by soaking for 24 hours in warm water.

Maurandia is a somewhat delicate vine that comes readily from seed. It does well on trellis or even brush, such as given to support peas. A few *maurandia* seeds placed in a cow's horn, previously filled with soil, has given us a most beautiful living screen in the parlor window. Strings were woven backward and forward for it to run upon, and it has done well.

Nasturtiums,—the tall growing kinds, are pretty grown upon strings or trellis during summer.

Gourds, with their curious and wonderful forms, are worthy of cultivation. One of the most singular is what is called the "nest-egg", from the fact that the fruit makes an excellent substitute for the nest-egg in the poultry-house. The fruit is in shape, size and color, as near as can be, a counterfeit egg. The dipper gourd is made by cutting away the side of *Hercules* club. The so-called sugar-trough variety is useful for many purposes.

There are one or two other climbing vines which once grown are sure to become permanent favorites. These are the *Balsam Apple* and *Pear* and *Bryonopsis Laciniata*. The fruit of the latter is very attractive and the foliage as graceful as can be imagined.

The vines that have been spoken of are all annuals, that is, the seed is sown from which plants spring up, bloom, mature their seed and then die all in one season. There are a few vines whose roots are perennial, and which may be grown from seed sown in Autumn. One of these is the *Allegheny Vine*, or *Mountain Fringe*. It is quite common in the woods in Eastern States, but I have never seen it wild elsewhere. For beautiful feathery-like foliage and gracefulness it has no equal. It stands our severe Iowa winters with impunity.

The *Everlasting Sweet Pea* is another beautiful plant which grows to a wonderful size with age. Its flowers much resembles the ordinary *Sweet Peas* only that they are firmer, and, I think, more fragrant.

For covering a wall there is nothing equal to a well-established *Wisteria*. It produces lovely purple flowers in great clusters which hang down like bunches of grapes. It has the disadvantage of being rather a slow grower, requiring from five to seven years to get thoroughly established. Those who can patiently wait, however, will be amply rewarded, for it is a most magnificent vine.

The *Trumpet Creeper* and *Honeysuckle* are hardy as oaks, and are not excelled as vines to cover porches, outhouses, etc.

BEDDING PLANTS.

The plants that are chiefly used for this purpose are *geraniums*, *coleus*, *verbenas*, and *roses*. There are others which are admirably adapted, but are not near so popular as these I have named. The shapes of the beds may

be as previously given; but while beds constructed after those plans are very handsome, I am more in favor of oblong beds, say ten or fifteen feet long, and five or six feet wide. The center will afford space for tall growing plants, while those of dwarf habit can be planted in the front. To my mind, the prettiest flower beds are those which have plenty of clean bright grass around them for a back-ground.

Most people make it a rule to have some house plants in winter, and of these, geraniums, as a rule, will be found in the greatest proportion. When spring comes it is customary to plant them out of doors just as soon as the days begin to grow warm, and often many plants are lost because they were not sufficiently hardened to undergo the change of temperature from the house to the open air. A better plan is to wait until the nights are warm, and in a northern latitude, from the middle to the last of May is early enough to put them out of doors, and it is well even then to place them on a covered porch for a day or two.

Coleus, more popularly known as foliage plants, are in great demand for bedding. They are cultivated for the beautiful leaf markings, the flowers being insignificant. There are some hundreds of varieties, some differing as much in habit and color as day and night, while there are other sorts which require the practical eye of an expert to detect any difference.

Heliotropes and Lantanas make excellent bedding plants. They bloom freely, are easily grown and need no particular attention.

The Verbena is one of the most popular bedding plants in cultivation. It is grown readily from seed, and embraces nearly every shade of color in its flowers. They do best in a piece of new ground, such as can be cut out of a grass plot in front of the house, removing the sods and digging the ground thoroughly. One plant in ground so prepared will cover from three to five feet of space.

The Pansy is a splendid bedding plant. It does best in a partially shaded situation. The north side of a house, for instance.

For brilliancy in color and duration in bloom, nothing can equal Phlox Drummondii. The Candytuft, in mixture, Clarkia and Nemophila all look pretty each grown in a mass. This is done by sowing the seed where it is intended they should bloom.

One of the most beautiful beds the writer possessed was composed of Balsams in many varieties. Another beautiful one was composed of Germantown week stock.

I have in mind a garden in New Jersey which was a mass of flowers from early Spring until late Fall, and nearly all were what one calls herbaceous perennials. The roots of these live over winter and go on increasing with great rapidity. All the care needed is division of the roots once in two or three years. Of these, I have in mind a dozen or more varieties of Pœnies, Phloxes, Lychnis, Columbines, Canterbury Bells, and some others whose names I do not now remember. The Sweet William and the China Pink were there, too, in great abundance.

SHRUBS.

There is nothing which can impart a greater charm to the yard about the house, than a few well grown shrubs. They need not be many, and they need not be of expensive varieties. Some of the old kinds are still the best for general use, because they are quite as beautiful as the newer sorts and we know how to treat them so that there will be no experiment in undertaking their cultivation. The deutzias are all fine, so are the spireas and weigelas. For places where a large bush is wanted, there are the lilacs, the mock orange, the hawthorns and viburnums. For trellises, you can get nothing better than the hardy honeysuckle; they will give flowers all the

season, both beautiful and fragrant. If you want the best effect from them, plant the red and white varieties together, and let the branches of the two mingle over the trellis. They are excellent plants for an arch over the gate or porch. The clematis is another hardy plant suitable for arbors, etc.

SUMMER BLOOMING BULBS.

A bulb is really an underground bud which contains within itself the leaves and flowers of the future plant. Further back we spoke of planting the Holland bulb as they are called. In the early spring another planting of bulbs and tubers will give us beautiful flowers in summer.

DAHLIAS.

These have been much improved of late years and are very showy flowers which is all the recommendation we can give them. Still they have their admirers. Dry tubers can be had quite early in the spring and then are planted in pots or boxes in the house or a hot bed, if it is to be had, to start them. In May they may be planted out in the bed or border where they are to bloom. The tall growing kinds will require tying to sticks. The dwarf or pomponé varieties are much in demand now-a-days.

GLADIOLUS.

These produce flowers of various colors and are well worthy of the very slight attention they require. They are natives of the Cape of Good Hope and are sometimes known as the "Corn Lily." By hybridization and cultivation of the seedling there are thousands of distinct varieties and the cost is very slight, some florists selling them as low as 50 cents per dozen. The bulbs should be set in the ground as soon as the weather is settled, in good soil, that which will grow good corn or vegetables will answer. Put the bulbs in deep—about 6 inches for the larger ones, and the smaller ones proportionately less. In a short time they will throw up spikes which will grow two feet high and upwards and to prevent a sudden gust of wind from breaking the spikes off, neat stakes should be provided and the spikes tied to them. When done blooming cut away the flower spikes—not the leaves—and allow the bulb to ripen. It will be ready to dig when the leaves have turned dry and yellow. When dug it will be found there are at least two and often three bulbs in place of one planted, so rapidly do they increase. Keep in the house over winter in a dry state and plant out again the following spring.

TUBEROSES.

The best bulbs for flowering are those which are large and plump. Those which are wanted to bloom very early should be started in April or May in pots or boxes of earth set in a green house, hot-bed or even a warm room. In about four or five weeks later they may be put in the garden, where they will usually bloom in August. But supposing you, by some means, had no opportunity to start them in the manner suggested, proceed as follows: Prepare the ground by deep digging and apply old manure liberally, then first having removed all the offsets which are clustered around the large bulbs, plant the bulbs in rows twelve inches apart, and six inches apart in the rows, setting them three inches deep. Keep the ground at all times free from weeds, and well stirred up by the use of a hoe. After the first frost, which usually occurs in October, the bulbs should be lifted and allowed to dry in the sun a day or two, being careful to protect from frost at night. When thoroughly dried they should be cleaned, removing the leaves and

allowing two or three inches of the stalk to remain; then store in a warm closet until wanted for planting.

The very small bulbs or offsets are planted like peas in rows one foot apart, six inches between every two bulbs in the row, and three or four inches deep. Cultivate the same as the full-grown bulbs, and these offsets with two years' cultivation will form bulbs of blooming size.

CANNAS.

To my mind these are the handsomest and most stately of all the summer blooming bulbs. They are chiefly used as ornamental plants at the backs of borders on lawns. They grow readily from seeds, which are very hard, and should be soaked in tepid water before sowing. The most common way to get these plants, however, is to buy a tuber from a florist in the spring; Do not put it out in the open ground until the weather has become warm—say the first of June. At that time make a hole about eighteen inches square, and put in a good supply of old manure, cover with an inch or two of soil, and on this place your canna tuber. If the weather is favorable by August, this tuber will have produced from four to six stalks, usually about six feet high, surmounted by lovely flowers. There are several varieties, and in nearly all of them both the foliage and the bloom is different. The roots are difficult to keep over winter, but where one has a real warm room, dig up the roots after first frost and set in a warm place to evaporate the moisture. In the greenhouse we keep these by the sides of the flues and even then loose some to rot. The seedlings usually bloom the second year.

CALADIUM ESCULENTUM.

Where one wants a really odd plant, and one with most beautiful foliage, let them purchase a root of the above. In appearance it will remind you of a turnip, but one never knows the beauties that are hidden away in a dry bulb. Let us suppose it is May and your caladium has arrived. You want a good large hole dug, as much as three feet across the top, and about two feet deep; put about a foot of old manure in, then your bulb, and cover it, say six inches deep; give it plenty of water at all times; seemingly it can never get enough, and in a few weeks a stalk about a foot high will have grown, this will soon unfold and show you a leaf that from a fancied resemblance to an elephant's ear, has caused this plant to be so named. I have grown these plants close by a wall so as to supply them abundantly with water and one year got a single leaf which measured thirty-three inches across. It bears a yellow flower, but very seldom produces one. In winter care is about the same as recommended for cannas.

OXALIS.

One more bulb is the summer blooming oxalis. For the border of a bed or a walk there is nothing so economical and beautiful. A hundred bulbs of these can be bought for ten cents, and these planted in a row about three inches apart, will by fall have increased to thousands. There are two varieties, *Lasindria*, the largest with a light green leaf, and a pretty pink upright flower, does not increase so rapidly as *Dieppi* which has dark foliage and a dwarf creeping habit.

None of the summer bulbs will endure our northern winters. All must be dug up in fall, carefully dried, and kept free from frost until planting time comes again.

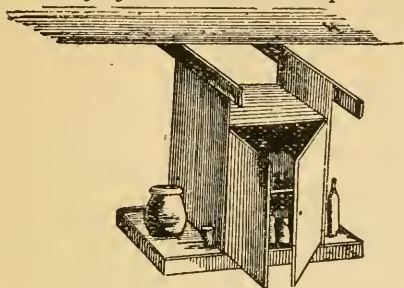
MISCELLANEOUS.

Milk For Babies.—The following is one mode of preparing the milk: Allow one-third of a pint of new milk to stand for about twelve hours, remove the cream and add to it two-thirds of a pint of new milk, as fresh from the cow as possible. Into the one-third of a pint of blue milk left after the abstraction of the cream, put a piece of rennet about one inch square. Set the vessel in warm water until the milk is fully curdled, an operation requiring from five to fifteen minutes, according to the activity of the rennet, which should be removed as soon as the curdling commences, and put into an egg cup for use on subsequent occasions, as it may be employed daily for a month or two. Break up the curd repeatedly, and carefully separate the whole of the whey, which should then be rapidly heated to boiling in a small tin pan placed over a spirit or gas lamp. During the heating a further quantity of casein, technically called 'fleetings', separates, and must be removed by straining through muslin. Now dissolve 110 grains of powdered sugar of milk in the hot whey, and mix it with the two-thirds of a pint of new milk to which the cream from the other third of a pint was added as already described. The artificial milk should be used within twelve hours of its preparation, and it is almost needless to add that all the vessels employed in its manufacture and administration should be kept scrupulously clean. Where pure milk is used without the preparation above, give for first five days, two tablespoons cream to a gill of filtered soft water. After that, the following table of proportions and daily quantity have been given by a physician and may be of help to many:

TABLE.

				Milk.	Water.
For a child from	5	to 10	days old.....	1¼ gills.	3¼ gills.
"	"	10 to 20	days old.....	1¾ "	4¼ "
"	"	20 to 30	days old.....	2½ "	6 "
"	"	1 to 1½	months old.....	3 "	6¾ "
"	"	1½ to 2	months old.....	3½ "	7 "
"	"	2 to 2½	months old.....	4 "	7½ "
"	"	2½ to 3	months old.	4½ "	7½ "
"	"	3 to 3½	months old.....	5 "	7½ "
"	"	3½ to 4	months old.....	5½ "	7½ "
"	"	4 to 4½	months old.....	6 "	7½ "
"	"	4½ to 5	months old.....	6½ "	7½ "
"	"	5 to 6	months old.....	7 "	7 "
"	"	6 to 7	months old.....	7 "	6½ "
"	"	7 to 8	months old.....	8 "	6 "
"	"	8 to 9	months old.....	8¼ "	6 "
"	"	9 to 10	months old.....	8½ "	6 "
"	"	10 to 11	months old.....	8¾ "	6 "
"	"	11 to 12	months old.....	9 "	5½ "
"	"	12 to 15	months old.....	9 "	5½ "
"	"	15 to 18	months old.....	9½ "	5 "
"	"	18	months onwards.....	10 "	5 "

Hanging Shelves.—The side pieces of this hanging cupboard are fastened



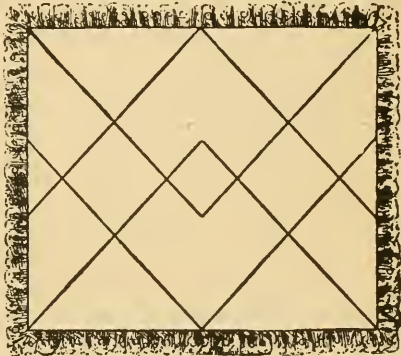
to the joists of the cellar. The rest of the plan is fully explained by the cut. It is very convenient for many uses and is out of the way of cats, rats and mice, and if put up where passers are not likely to strike their heads against it, is a desirable addition to the cellar equipment. It may be made any size.

Protection for the Lap.—The lap pad descibed below is very little trouble, and will serve to protect one's dress from the soiling which is

inevitable when holding Baby in the lap very long, especially while travel-

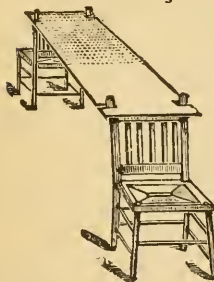
ing. Take two pieces of muslin or Marseilles, each one-half yard square; put together with a layer of cotton wadding between. Turn in the edges all around and baste between the pieces an edging of embroidery; stitch twice around on the machine. Quilt the pad in diamonds, or any fancy pattern.

Castle Salve for Burns.—Boil ten cents worth of tobacco and pint of cider together for fifteen minutes in a new tin vessel; strain and add to liquid fourth pound each butter, lard, beeswax and resin and wine glass whiskey. Boil slowly till liquor is all evaporated. Put away in a tin box



and use as a salve for all burns. It is a perfect cure for the most severe cases and gives quick relief. Has been tried often in very severe cases. Apply like any salve. Whiting mixed with water and applied to a burn is also very efficacious. Diluted alcohol (two-thirds water) is also a good remedy.

In Washing Children's Stockings, wooden stocking



forms are a great help on which to dry them. Obtain them at the furnishing store, or have them made without much expense.

Ironing Board.—A very handy board for ironing dresses, shirts and in fact garments of all descriptions, can be made by any one who can handle a saw, plane and square. The illustration shows how the board is notched near the ends to allow of the tips of the chairs passing through. Place the clothes' basket on one of the chairs.



After Eating Onions.—To prevent odor of onion in breath, drink milk, or eat a piece of cheese.

To cleanse a nursing Bottle.—To cleanse a water caraffe, or nursing bottles, cut a potato in small pieces, put in bottle with a little water and shake.

Arrowroot Blanc-mange.—Make as directed in Creams and Custards, cooling in individual molds. In serving, a dainty way is on a tray with cream and sugar and a small vase of flowers, as illustrated. Any of the blanc-manges or jellies given in this department may be served thus and prove much more appetizing to the patient.

Uncooked Egg.—This is quite palatable, and very strengthening, and may be prepared in a variety of ways. Break an egg into a goblet and beat thoroughly; add a teaspoon sugar, and after beating a moment add a teaspoon or two of brandy or port wine; beat well and



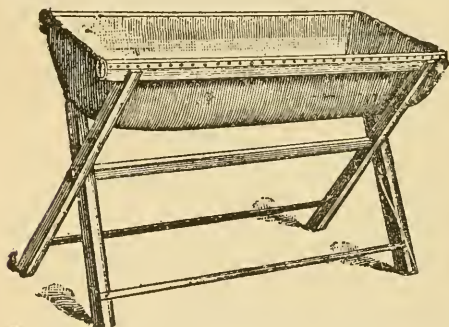
add as much rich milk, or part cream and milk, as there is of the mixture. Or omit brandy and flavor with any kind of spice; or milk need not be added, or the egg and sugar may be beaten separately, wine or brandy added, stirring in lightly the well whipped whites at the last, and thus made it should fill a goblet to overflowing. Juice of a lemon in place of brandy gives *Lemon Egg-nog*.

Poached Eggs.—This is a very delicate way of preparing eggs, and when served on slices of toast, garnished with sprigs of crisp parsley, they make a very pretty as well as appetizing dish.



Poached Eggs.

Home-Made Folding Bath Tub.—This bath-tub is inexpensive, convenient, and comfortable for a little bather. The frame is made something like a cot-bed. The legs, one inch and a half square by thirty inches long, are crossed



and pivoted in the middle on a center bar. The side-bars, one inch by two inches, and thirty-six inches long, are securely fastened to the top of the legs. Smaller bars join the legs near the bottom to stiffen the frame. A piece of heavy rubber cloth, one yard and a quarter long and thirty inches wide, has an inch-wide hem on each end for a casing, and is drawn up to eighteen or nineteen inches, with heavy braid. This makes the ends of the tub. Along the side-bars of the frame are tacked, with brass-headed tacks, the sides of the cloth, with braid being securely fastened to the ends. A small plait in the cloth at each corner, about an inch from the end, gives a fuller shape to hold the water. The tub, when not in use, can be folded and set away out of sight. A pillow put in the tub makes a comfortable and portable crib.

INDEX TO COOKERY RECIPES.

It will help those who consult this book to remember that the recipes of each department in Cookery, as well as the departments themselves are arranged in the simple order of the alphabet, so far as has been possible, and that the "running head" at the top of each page shows, in a general way, the subject treated. The "Table of Contents" (page 4) gives the pages of the various departments. The following is a full alphabetical index of the recipes and subjects treated. All recipes for Cookery appear in the main index; those relating to housekeeping and household matters generally will be found under the Supplementary Index.

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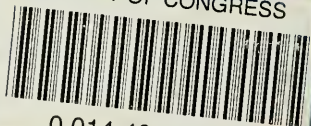
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